WITTY WAYS TO MAKE HER SWOON P.66



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Men's Health

22-MINUTE GUT BLASTER

TORCH FAT FAST!

Stronger, Fitter, Leaner In Just 2 Weeks!

P.96

More Money Less Work

10 INSTANT TIPS TO SPIKE YOUR SAVINGS

P.36

BED-BREAKING SEX

Where & How She Wants It

P.38

CHEAT DAY MADE #CLEAN

P.58

Do You Need More TESTOSTERONE?

20 Best Tech Toys For Men

Your Guide to Great Gear for 2016

P.78

5 POWER MOVES FOR ARMS OF STEEL

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FEATURES / COVER STORIES

12.15

IAN VENERACION

Success Without Stress

Ian Veneracion's simple secret

BY GABRIEL A. PANGALANGAN

PAGE 26

38
Bed-Breaking Sex
The first rule: Let her take control
BY PAUL JOHN CAÑA

48
Test Your Paternal Instinct
Take this exam and see if fatherhood fits you
BY ENRICO MIGUEL T. SUBIDO

70
Do You Need More Testosterone?
Find out what to do when you're tapped out
BY TONI ANTIPORDA AND PAUL JOHN SCOTT

96
Torch Fat Fast
Blitz your belly flab in record time
BY MARK FISHER, C.P.T.

Photograph by PAUL DEL ROSARIO





THIS MONTH: CHEAT SMART, FRESH TECH CATCH, CHARM HER WITH WIT, BE READY FOR FATHERHOOD, SUBTLE WAYS TO STAND OUT, JUST KEEP WINNING









FOOD + NUTRITION P.58 | THE MH LIFE P.86 | HEALTH P.98 | STYLE + GROOMING P.48 | SEX + RELATIONSHIPS P.102

PHOTOGRAPHS BY DAKILA ANGELES, DAIRY DARILAG, GETTY IMAGES, JOSEPH PASCUAL, HEIDI AQUENDE, DIX PEREZ

HEALTH, SEX, STYLE & MORE

16 Run like Ronaldo
Quick tips to break your personal running records

36 More Money, Less Work
Start with maximizing your savings
BY INGRID VILLAFUERTE PUACHE

58 Cheat Day Made *#Clean*
Fast food staples, protein-packed tweaks
BY ROSELLE MIRANDA

66 Witty Ways to Make Her Swoon
Follow MH Woman Andrea Torres' lead
BY PAULO AGUILERA

78 20 Best Tech Toys for Men
The MH Gadget Guide highlights the greatest gear you must own next year
BY ENRICO MIGUEL T. SUBIDO

86 Hot Looks for the Chilly Season
Chill in style
BY AMADOR R. MADAMBA

98 Eat More, Weigh Less
Enjoy the holiday feast without the guilt and the belly
BY CHISE ALCANTARA

106 5 Power Moves for Arms of Steel
The powerlifter's way to bulging biceps



ON THE COVER Ian Veneracion
Photograph by Paul Del Rosario
Styling by Tracy Ayson
Grooming by Ara Fernando

PRISTINEPREP

No one does a white shoe quite like Lacoste. Refitting and reinventing timeless classics from its rich sport heritage, Lacoste's SS16 collection features understated elegance with its pared-down detailing and thoughtful designs. Rediscover the classics with pieces like the Gazon Sport, L.30, Tramline, Strideur, Endliner, Joggeur, Lancelle Lace 6 Eye, Natoy Slide, Gazon Slip, and the Helaine Runner.



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Men'sHealth

From the Staff



Freedom Wall

Omar: I'd like to thank: the Heavenly Father; my parents, especially my mother Rosario, who supported me even as some of our relatives said her first-born son was wasting a good job in a multinational corporation to chase a "stupid" writing dream (they might be right, but whatevs); to MH Philippines teams, both past and present, for the honor of working with and learning from you (and your patience with my antics); MH readers, for supporting the mag; my son Uno, who can't understand all the things I've suffered, *este*, done for him yet (I'll tell him plenty of stories about MH PH someday, or you can read it in my future book, *You Should Have Folded Them First #jokelang*); and finally, to my wife Marian Grace, I bleed, struggle, and yearn to excel at what I do all because of you. *Sa inyo tanan, madamo gid nga salamat.*

Marc: For Cognac. I will miss you, my best friend. The only things I will carry with me as you cross over the rainbow bridge are my memories of you and our times together. I hope you won't feel sad for long, for I will always be with you. And so, since I cannot speak anymore, I write this instead. I will be fine. I am happy knowing that someday I will frolic and join you.

Amador: Five years ago before I joined the *Men's Health* team, I was at a point in my life where my priorities changed, and I had to adapt and update myself in order to survive. Working for the magazine, I learned about the latest news and trends in fitness, health, style, fashion, and grooming, and as a loyal reader I'm sure you did too. Change is happening again both personally and in the publishing industry and it's time to adjust and move on. Although this is our final issue, I hope you'll remember the style and grooming advice I shared over the years and will strive to continue to look and feel your best all the time. Cheers!

Wayne: I picked up my first issue of *Men's Health* looking for advice on how to get fitter. It's a goal that eventually led to me landing a job writing for this magazine. Being with MH for close to seven years has taught me that self-improvement is a constant quest—something you should always allot time for. It also made me understand that new opportunities come when older ones end. It has been both a privilege and a pleasure to be part of passionate teams who worked tirelessly to give you a magazine that's worth your reading time, because you certainly deserve that! While you won't see MH in the stands monthly, *Men's Health* Philippines will still continue to create books and MH specials. Watch for them in your favorite bookstores and newsstands soon.

Chino: I quit smoking because of *Men's Health* PH. Not as a reader, but as an editor who became a guinea pig for addiction-treatment acupuncture and hypnotherapy sessions, all for the sake of an investigative feature. This was just one of the far-out ideas that came to life from our always-interesting brainstorming sessions. I always looked forward to conceptualizing unique story angles and executing them. Along the way, I picked up some healthy tips of my own, too, largely from all the benefit-laden features written by our team of talented writers and editors. I will always consider myself privileged to have been part of a publication dedicated to helping its readers make the most out of life. It's not everyday that you can influence someone to turn his life around for the better. Handed that responsibility as part of *Men's Health* PH will always be something I will deeply cherish.

Gab: It's been an absolute honor and pleasure to write for you, our devoted readers, through MH PH. Though our magazine will no longer be in print, we'll still be there for you on your fitness journey online at *MensHealth.ph*. Life goes on for MH PH and the brilliant crew behind its magazine, which has enjoyed 10 years of helping you get fitter, faster, and stronger. As this magazine closes, I just want to thank you, our readers, for trusting us with your health and fitness goals; my team for the lessons and experiences I'll never forget; and last but definitely not least, my wife Trizh and daughter Ashley for giving me strength and motivation each day to pursue my passions and live a full and happy life. With that, I hope you keep MH PH as your trusted ally on your journey to becoming you, improved. Gab Pangalangan of MH PH Magazine, signing off!

Allan M.: Weeks before my former boss at *FHM* resigned in 2004, I had secretly applied for the EIC position of the then-soon-to-be-launched edition of *Men's Health* Philippines. I did it not because I had grown tired of producing sexy pictorials that featured the country's sexiest stars and desperately wanted to focus more on shooting other people's abs. My motivation, obviously, went beyond the physical. See, *Men's Health* has always been one of my favorite men's magazines in the world. In the end, though, I chose to stay with *FHM* at the time because I felt it could still benefit some more from my veteran smarts and leadership (*naks*!). As fate would have it, I finally got my chance to be a part of the MH gang in 2013 without necessarily leaving *FHM*. I tried my best to be Zen about my new role, the extra work notwithstanding. I will forever be proud of what we've accomplished as a team. Producing excellent local content for all of you not only made us better journalists, it inspired us to be quality men as well. Thank you all for being a blessing to all of us! Salute!



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This Month on MensHealth.PH

- **The Fit Man's Holiday Game Plan** Make merry while still keeping your muscle
- **A Newbie's Guide to the Gym** Rule number one: Don't be intimidated
- **The Disgusting Things In Male Restrooms** Health risks galore!


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TOP TEN

A *#throwback* mailbag featuring some of the best letters we've received from you, dear readers, in the first decade of *Men's Health Philippines*. Thank you for keeping us motivated to help get *#YouImproved*

WALKING (OR RUNNING) THE TALK

I have been a loyal reader of your mag since the first issue in May 2005. *Men's Health* has been my constant companion in my office, bedroom, bathroom, and daily commute. Joining the All-Terrain Race was my way of walking your talk because I biblically adhere to your health verses. But forgive me for I have sinned. I don't let anyone borrow my copies.

Rono Velasquez, via e-mail, published in our August 2007 issue

REST IS FOR THE WEAK

It's been almost a year since I started reading your magazine and I would like to thank you for providing us knowledge about good health in all aspects of life. While I'm on my duty leave from the Philippine Marine Corps, there's no time to rest while my comrades do battle in Zamboanga. I must prepare myself before I get back to the battlefield, that is why I always read and follow your exercise routines to improve my mental and physical health. God bless us and God bless you, *Men's Health*!

Lloyd Passion, via Facebook, published in our October 2013 issue

QUIT AND WIN

I was a smoker since my second year in high school. I started working and I realized I've been smoking one pack every two days. I felt so weak. I've tried to quit several times but I've often failed. I'm not a magazine fan but I was at a barber shop waiting for my turn when I opened a copy of your January 2006 issue and read "Five Ways of Quitting a Bad Habit." The first rule said to set a date for quitting. I started on February 1 and followed the rest of the rules. What happened? Well, I just bought more copies of *Men's Health* and by the way, I haven't had a stick in four months!

GJ Paredes, via e-mail, published in our August 2006 issue

CALL TO ACTION

When Typhoon Yolanda struck, I made my way over the weekend to Tacloban not knowing the physical challenge awaiting me. Good thing reading *Men's Health* for four years paid off. I ran and walked for six hours, carrying around 35 kilos of water and food. After reaching my destination at my uncle's house near the mountains because our ancestral home nearly got wiped out, I could sense that, for my relatives, money was already worthless. I promised to come back and I did after three days, this time with a bike to go to two more towns and look for other relatives. After this ordeal, I still managed to take our quarterly physical fitness test and cased the push-up, sit-up, and running events for my age category. Reading your mag for four years did bring out the best in me and prepared me for the worst challenges in life.

George Norman Innis, via e-mail, published in our January 2014 issue

OPEN FOR OPINIONS

Guys, *di ba* men's magazine *ang* Men's Health? *Eh bakit puro katawan ng lalaki ang laman neto? Tingin niyo ba interesado kami tingnan ang katawan nila? Di ko na alam ang direksyon ng* MH. *Puro artista na lang ang na fe*-feature, *hindi naman nakaka*-inspire. I miss issues na si Nonito Donaire, Manny Pacquiao, David Beckham, at Blake Griffin *ang* cover. *At dagdag pa, napagtawanan pa ako sa* office, *bakit daw ako nagbabasa ng* magazine *na si* Piolo *ang* cover. *Sabi ko, "Ano ba kayo! Men's Health 'to. Marami akong natutunan dito.*

Kevin Nadurata, via Facebook, published in our July 2012 issue

SCOUT'S HONOR

After more than a month of waiting since the making of this feature story about the Scout Ranger Training in Camp Tecson, Bulacan, I'm so happy to see this successful breakthrough! I'm also proud to have helped the crew of MHPH! We, the Scout Rangers, across the land are proud to have been part of the history of *Men's Health Philippines*! Kudos!

Capt. Tony Bacus, via Facebook, published in our December 2013 issue

SEPTEMBER PRAISES

Kudos to the team for the September 2007 issue! Will Devaughn and Joyce Jimenez on the cover is great. And you guys listen. I remember during the last MH sponsored forum eyeball at Figaro, one of the issues raised was that the food you feature in the nutrition section of Alpha Male should at least be doable by the ordinary Juan and the ingredients should be locally available. The recipe for the month is really simple and I guess there's more to come in succeeding issues.

Patrick Oliveros, via the MH Forum, published in our November 2007 issue

NO MORE. DR. LOVE HANDLES

I'm a 35-year old doctor who weighed 235 pounds before I started reading your magazine last March 2007. After reading your articles on dieting and exercise, I'm now down to 180 pounds. With you guys around, who needs an expensive gym membership?

Rommel Paolo P. Sumilong, M.D., via e-mail, published in our August 2008 issue

FITNESS FOR LESS

When I started working out back in college, I didn't have enough budget to pay for an instructor and your mag was one of my most important sources of useful knowledge along with books and the Internet. I just wanted to thank you guys for providing us with such useful info on fitness and lifestyle. Now I run a small gym. It's not class A, but it gets the job done for our customers. We even give discounts to students because I believe that fitness should never be expensive. I always recommend your mag to my customers as a source of useful tips and even workout programs!

John Patrick Aguilar, via Facebook, published in our September 2013 issue

BOUNCE BACK STRONGER

My girlfriend broke up with me about a month ago and right after, I told myself I would not self-destruct. So I took all of my MH mags and created a power routine for me. Results were fast. I'm getting a lot of attention from people. I'm excited to do the abs workout in your May 2011 issue. I know I will improve more. Thanks MH! You're a great buddy.

Arland Ocampo, via Facebook, published in our July 2011 issue.

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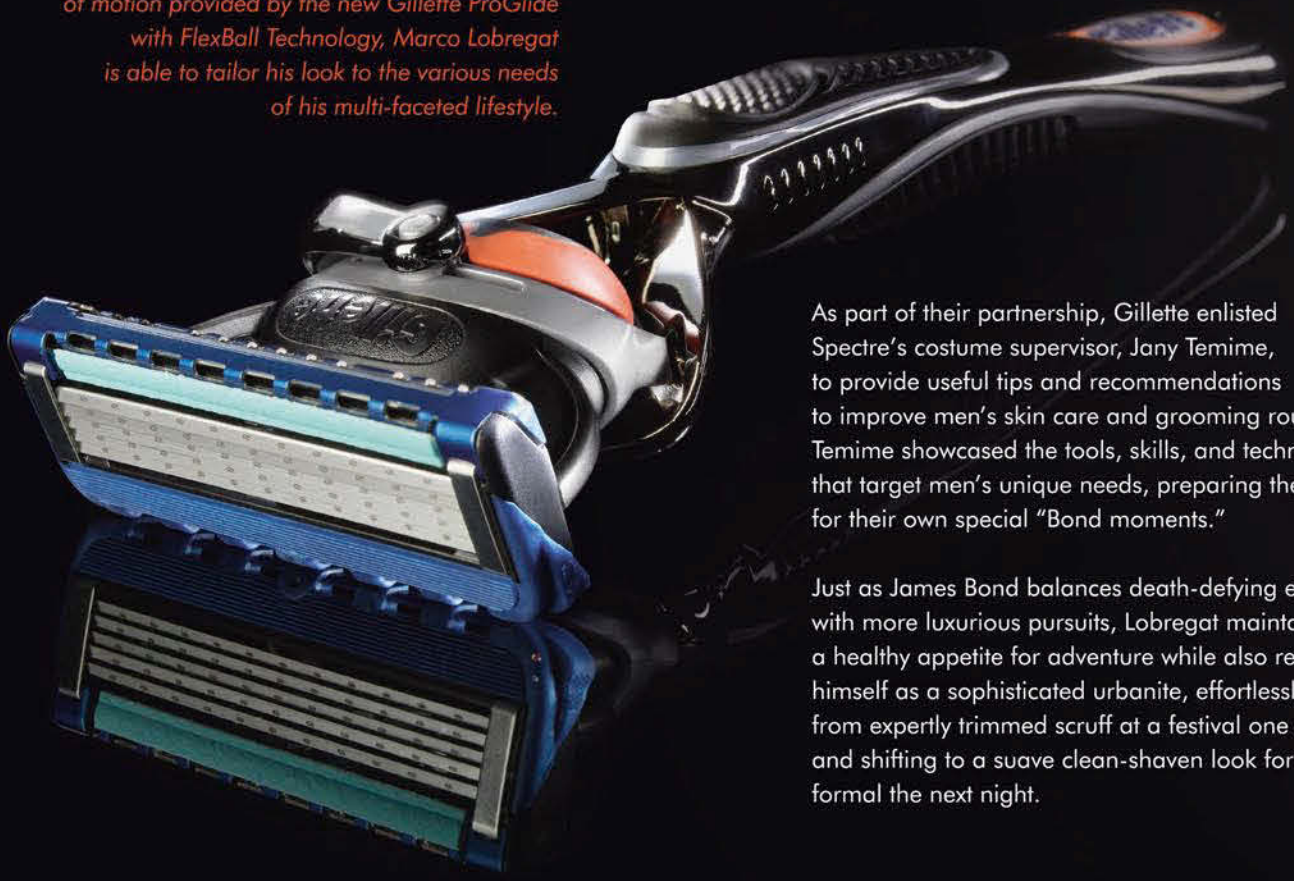
DOUBLE AGENT

In a bold partnership, Gillette has tied up with the latest installment of the James Bond series, Spectre, highlighting the dynamic protagonist as an ideal model of confidence and endurance for the everyman. They emphasize the natural "Bond moments" men experience when they feel most in control. To celebrate the collaboration, Esquire takes a look at our very own modern double agent, Marco Lobregat, who began his career as a commercial model and TV personality before eventually making his entrepreneurial mark as the CEO of Ministry of Mushrooms.

In Spectre, Bond is seen sweeping down Alpine slopes, causing a ruckus in Mexico during Dia de los Muertos, and thrusting his Aston Martin through the streets of Rome in a high-speed chase, all while looking decidedly debonair. With Gillette at his disposal, the similarly jet-setting Marco Lobregat understands the value of having practical products that can weather any season, situation, or destination.



With the unparalleled precision and range of motion provided by the new Gillette ProGlide with FlexBall Technology, Marco Lobregat is able to tailor his look to the various needs of his multi-faceted lifestyle.



As part of their partnership, Gillette enlisted Spectre's costume supervisor, Jany Temime, to provide useful tips and recommendations to improve men's skin care and grooming routines. Temime showcased the tools, skills, and techniques that target men's unique needs, preparing them for their own special "Bond moments."

Just as James Bond balances death-defying exploits with more luxurious pursuits, Lobregat maintains a healthy appetite for adventure while also revealing himself as a sophisticated urbanite, effortlessly going from expertly trimmed scruff at a festival one day and shifting to a suave clean-shaven look for a black tie formal the next night.


ATTITUDE



January 9, 2016 • Sampalok Lake - San Pablo, Laguna

March 5, 2016 • Taal Lake - Tanauan, Batangas

(300m distance)

Categories:

Open Men's (20s) • Open Women's (10s) • Masters Mixed (10s)

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Men'sHealth

ALERTS!

EDITED BY **GABRIEL A. PANGALANGAN**

YOUR QUESTIONS ON
- HEALTH,
- SEX,
- NUTRITION,
- FITNESS, &
- WEIGHT-LOSS

ANSWERED

GOT A QUESTION? ASK US AT **MENSHEALTHPHILIPPINES@GMAIL.COM OR FACEBOOK.COM/MENSHEALTHPHILIPPINES**

CAN'T FIGHT THE URGE TO TEXT & DRIVE. HELP!

–Don, via email

Simple: "Turn off your phone or put it on flight mode so you can focus more on driving," says Lex Castillo, M.D., an assistant professor with a specialty in neurology at UERMMMC College of Medicine. Smart phone addicts, however, may have to toss that phone in the trunk as some still feel compelled to check their devices even when notifications are turned off. According to technology addiction expert David Greenfield, Ph.D., we may crave the dopamine rush that receiving info produces. **So after you stow your phone, crank up the tunes—listening to a favorite song can trigger a similar dopamine hit,** a Canadian study found.

TEXTING BEHIND THE wheel makes you up to 23 times more likely to crash



PHOTOGRAPH BY CLAIRE BENOIST



HOW CAN I RUN FASTER?

–Mike, via e-mail

Run like a wing. Researchers found that **wing midfielders cover the most ground, jogging, running, and sprinting about 12km per game.** "These varying paces improve your cardio-respiratory endurance and explosiveness," says Kale Alvarez, strength and conditioning specialist at Kineticore Philippines and former Azkal football player. David Tenney, a Seattle Sounders FC trainer, recommends this plan: On day one, jog for 40 minutes. On day two, run fast 3 minutes and rest 3 minutes; repeat five times. On day three, alternate sprinting and resting for 15 seconds each; do this eight times. Rest 3 minutes and repeat three times.

PLAY THE WHOLE field–like Ronaldo

A Footballer's KPG (Kilometers per Game)

	Central Defender	Fullback	Central Mid	Wing Mid	Attacker
WALK/ JOG	8.2	8.2	8.9	8.7	8.2
RUN	1.5	2.7	2.4	2.9	2.1
SPRINT	0.2	0.3	0.2	0.3	0.2
Total	9.9	11.2	11.5	11.9	10.5

Source: *Journal of Strength and Conditioning Research*



WHEN STRESS GETS PHYSICAL

Chill out or break down: **Life stress raises your risk of sports injury,** a University of Missouri study reveals. College football players were twice as likely to sustain an injury when they were under academic pressure. "Your body can take only so much stress, whether it's from work, exercise, or anything else," says study author Bryan Mann, Ph.D. His advice: Spend 10 minutes a day focusing on your breath and a single positive thought.



ROW AWAY YOUR GUT

Men burned 45 percent more fat on a rowing machine than on an exercise bike in a recent Irish study. Why? Rowing recruits more muscle, says CrossFit MNL trainer David Fonacier. Your gut check: Try to row 2,000 meters in 7 minutes.

CLIVE MASON/GETTY IMAGES SPORT (CRISTIANO RONALDO), TONY LILLEY/ALAMY (STRESS BALL), ROBERT DALY/AGE FOTOSTOCK (ROWER)



GET MORE OUT OF LIFE

THERE'S A NEW CEO AT THE HELM OF PHILAM LIFE, AND HE'S A PRIME EXAMPLE OF TAKING CHARGE OF YOUR OWN HEALTH

Living a full, healthy life means doing away with excuses. Truly successful men take control of their lives, and Philam Life CEO J. Axel Bromley is the perfect example.

Bromley is a man of many hats. A former amateur wrestler, he now gets his competitive fix through marksmanship and fencing. He also paints in various mediums and does woodwork, which he learned in Nepal. He's also constantly opening his mind to new cultures, and he even speaks nine languages after having lived and worked in Eastern Europe, South and Central America, the Middle East, and the Indian Subcontinent. And lets not forget: He's also a CEO, a husband, and a father.

To manage all his passions and responsibilities, Bromley does what some people fail to make time for: he works out.

"My regimen is more about sustainability," explains Bromley, who entered our interview fresh from a workout. "I get up at 5:30AM and hit the gym. I'm in the office by 7:00AM and I get a few minutes before my first meeting." It's a tight schedule, but Bromley's decision to take charge of his health is a huge part of what keeps him firing on all cylinders.

"Some of my best ideas come to me when I'm working out," he says. True enough, a study published in the British Journal of Sports Medicine shows that regular exercise can boost the size of the hippocampus, the brain area involved in verbal memory and learning.

> "Some of my best ideas come to me when I'm working out."

As the CEO of Philam Life, Bromley also makes sure to embody the new healthy living campaign that the company has rolled out. Philam Life aims to help Filipinos take charge of their own health and fitness through Philam Vitality.

"Philam Vitality rewards you for living healthy," explains Bromley. "By working out, you get discounts on sports equipment, fitness devices, and gym memberships, among others. We want to help people become healthier because we want to be with our customers from beginning to end. Insurance shouldn't just be about helping you when you invest and helping you in case something happens. It should be about rewarding you throughout that entire process so you can enjoy life."

So take action today for a fuller life tomorrow. Start by taking charge of your health, and you'll be leading a life not unlike Bromley's—above and beyond the norm, excellent in more ways than one.

UNLOCK YOUR POTENTIAL

Heed Bromley's advice for a life without limits

MAKE TIME FOR EXERCISE



"You can always find time to exercise. Even walking around during lunch break will help."

GET CREATIVE



Watching TV takes time away from productivity. You can live without watching the tube.

FIND A CHEERLEADER



Bromley says that his wife Terah helps keep him and his goals in check. "Find that cheerleader and make sure you're as much a cheerleader to that person as they are to you."

LISTEN TO YOUR INNER VOICE



"Everybody has an inner voice that knows what's right. Listen to that inner voice and let it guide you."

.25

Number of inches of pubic hair you need to trim to give her more room to work during oral sex
Source: *Center for Sexual Health Promotion*

WHEN SHOULD I STOP WATCHING PORN?

– Drew, via e-mail

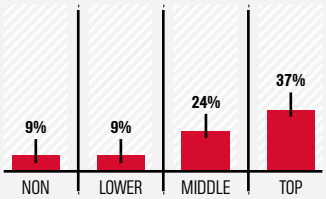
When it's getting…ehem...out of hand. "If you get addicted to it such that you don't accomplish your responsibilities anymore, that can be dangerous," says Vanessa Kathleen B. Cainghug, M.D., F.P.P.A., F.P.S.C.A.P., of St. Luke's Medical Center in Taguig. Besides that, porn is all good; it even has its benefits: "Porn has positive sides because it opens up men's knowledge about sex," she says. Plus, a study published in the *Journal of Sex Research* found that pornography users were less likely to view women as objects and less negative about women in the workforce.

YOU + PORN
might not be so bad

C-Suite Cheating

Women executives are just as likely as male bosses to sneak around, a German study reveals. And the higher a person's rank, the researchers say, the more appealing the secrecy of an affair becomes and the less obligation the cheater feels to abide by social norms.

Infidelity by Management Level



Source: *The Journal of Sex Research*

Don't Blaze for Junior

A study published in the *American Journal of Epidemiology* found that men who smoked marijuana at least once a week had a 28 percent lower sperm concentration and a 29 percent lower total sperm count than men who didn't blaze. So for your seed's sake, pass on the kush. To improve sperm count: "Protect your testes from trauma and radiation, and drink antioxidants like vitamin C and E," advises Ivan Alonzo, M.D., Urology Resident at Santo Tomas University Hospital.

PHOTOGRAPH BY DIANA SCHEUNEMANN


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MO TWISTER
SAM OH
LIL' JOEY
TONY TONI
SAM YG
SLICK RICK
BOOM
JOYCE PRING
TINA RYAN
RIKIFLO
ANDI-9
JAM

HOW DO I AVOID SWEETS?

George, via e-mail

One way is to mix water, lemon, and maple syrup for a sweet yet healthy fix, according to chef Laica Herrera. Another: Run it over. **Moving your feet can help you resist the lure of sugary foods,** an Austrian study suggests. When stressed-out people hopped on a treadmill for 15 minutes, their desire for sweet, high-calorie snacks fell by 23 percent, while those who stayed put saw no change. Stress-busting exercise may reduce your subconscious need for that short-lived sugar boost, says study author Martin Kopp, Ph.D. A brisk walk around the office could also do the trick.



PLAY SPIN THE JUICE BOTTLE

"Fruit juice offers nutrients and antioxidants that are natural and not made in a laboratory," says Khalil Verzosa, marketing officer of Healthy Fist. To get the most antioxidant phenolic compounds per liter, choose juices toward the top of this chart.

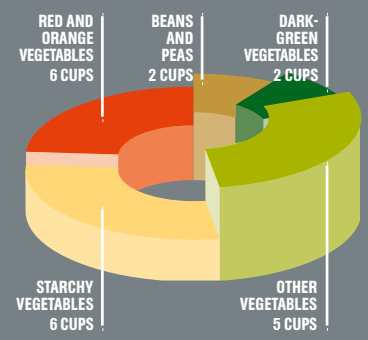
JUICE	PHENOLICS (mg)
ELDERBERRY	3,521
POMEGRANATE	2,684*
BLUEBERRY	1,524
BEET	1,243
APPLE-BERRY	1,029
CRANBERRY	882*
ORANGE	470
APPLE	400

*These bottled juices contained 50 percent water.

Rake In the Roughage

Over 90 percent of men don't meet nutritional guidelines for vegetable intake. Don't be that guy: Follow this chart and get your veggie fix.

TOTAL: 21 CUPS A WEEK*



*For a 180 lb man who averages 5 hours of activity a week

CRAVING CRUSHER

PHOTOGRAPHS BY CLAIRE BENOIST

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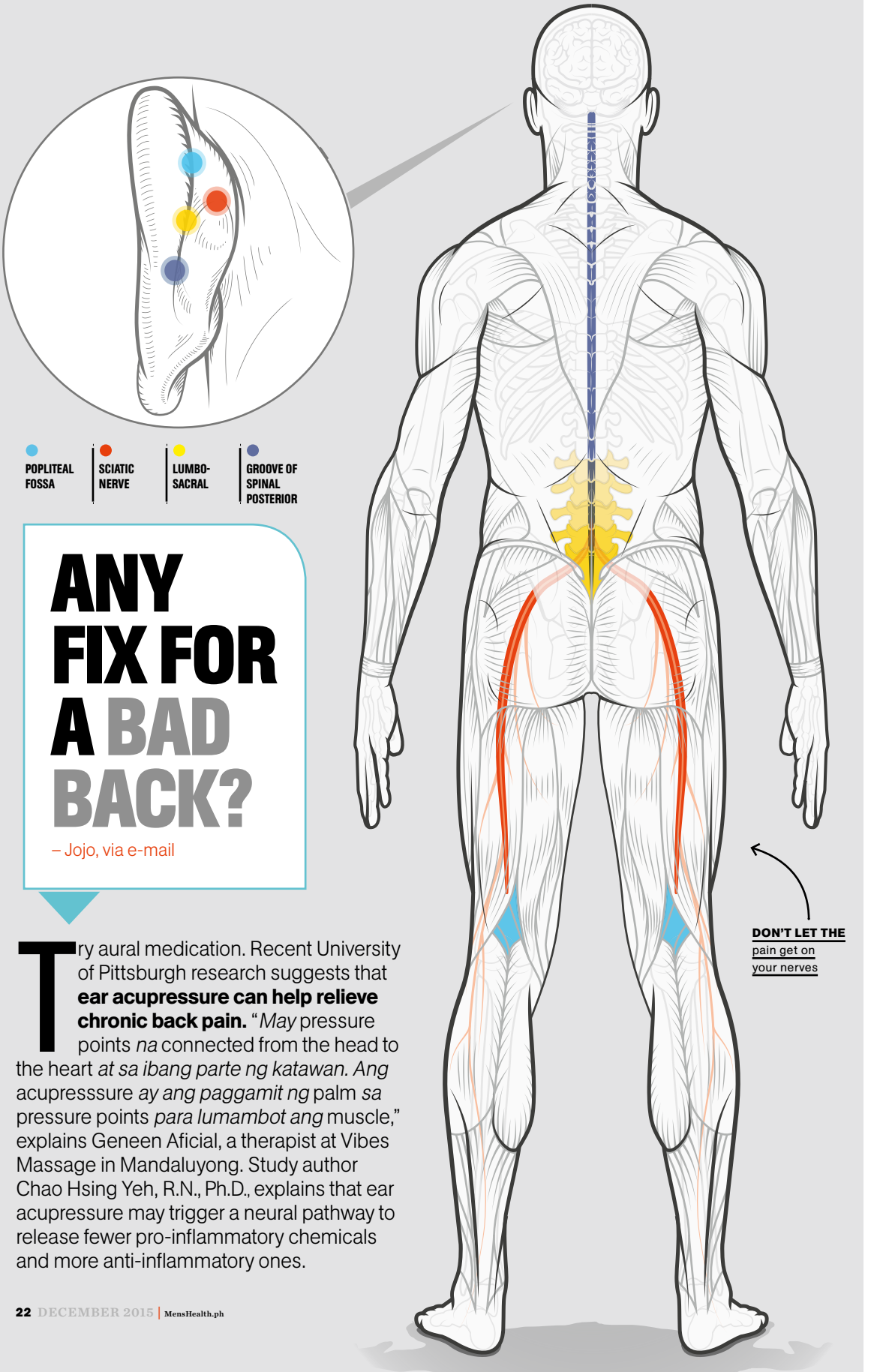
100% dandruff free* forever

*Visible flakes only, with regular use





ASC REF. NO. P064P060315H



ANY FIX FOR A BAD BACK?

– Jojo, via e-mail

Try aural medication. Recent University of Pittsburgh research suggests that **ear acupressure can help relieve chronic back pain.** "*May* pressure points *na* connected from the head to the heart *at sa ibang parte ng katawan. Ang* acupresssure *ay ang paggamit ng* palm *sa* pressure points *para lumambot ang* muscle," explains Geneen Aficial, a therapist at Vibes Massage in Mandaluyong. Study author Chao Hsing Yeh, R.N., Ph.D., explains that ear acupressure may trigger a neural pathway to release fewer pro-inflammatory chemicals and more anti-inflammatory ones.



AVOID A FLEECING

Your bedding may lead to more sneezing than snoozing: **Cozy blankets can be a breeding ground for dust mites,** an Irish study suggests. When both fleece and cotton were exposed to the microscopic bugs, the plush material attracted 42 percent more mites than the cotton did. That's because fleece has deep pile fibers that twist and turn, allowing mites to crawl inside and settle there, says study author David Clarke, Ph.D. To kill them, wash fleece in hot water (at least 131°F) every week or two and line-dry if possible: The sun's UV rays help destroy the mites' allergens.

BLOW OFF HIGH BP

The Symptom Your blood pressure is higher in a doctor's office than at home. Blame white-coat hypertension, which is "an anxiety disorder experienced when in a clinic or near a doctor," says Rowell Anthony Dela Cruz, M.D., of Manila Central University Hospital.

The Prescription Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which should lower your blood pressure.

CLINT FORD (ILLUSTRATION), MASTERFILE ROYALTY FREE (MITE), WAVEBREAK MEDIA LTD./ALAMY (DOCTOR)



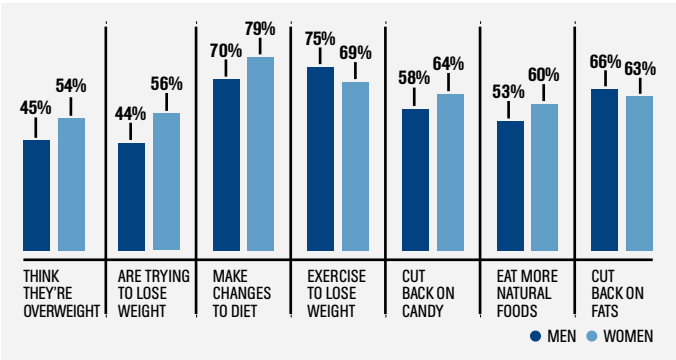
HELP ME LOSE 50 POUNDS IN 5 MONTHS!

–Ian, via e-mail

Hold up! This can be done, but a quick cut may not last. The 2010–2012 *The Biggest Loser* contestants lost about 35 percent of their body weight in this time frame, but University of Wisconsin researchers found that contestants often regained all their weight after the show. "Drastic weight cuts slow your ability to burn calories at rest," warns Sheen Gonzales, senior coach at 360 Fit Club, Ortigas. For longterm weight management, go for gradual weight loss through a proper change in diet and lifestyle, he says.

WHO CARRIES MORE WEIGHT?

The ladies have weight loss figured out. A *Nielsen* survey reveals that women not only exercise but also make more dietary changes. Most men hit the gym but appear to have missed the memo on the importance of healthy eating.



SPEED UP YOUR BURN

A study published in the *Journal of Nutrition* found that mid-life diet changes can help maintain weight. The average weight gain of study participants over a 16- to 20-year period was 19lbs, but those who made healthy tweaks to their diet gained only 9 to 12lbs. "As we age, our metabolism slows, we stop growing, and we need much less energy," says Vincent Venida, M.D., of the UP Philippine General Hospital. Hence, you burn less calories, leading to greater weight gain as you age. The secret of those who kept weight-gain to a minimum: increased fruit, vegetable, and whole grain intake.

PHOTOGRAPH BY GETTY IMAGES

STRENGTH, WHERE IT COUNTS

While there's something to be said about masculinity and machismo, true strength comes in greater forms



GINO

Entrepreneur

"As an entrepreneur, Gino accounts that "dealing with people can be stressful." He manages the business from the creation of an idea to delivering the products himself to his customers. This job requires a cocktail of people skills and mathematical savvy to survive. "I need to not only manage my financials but also ensure that my business always offers my clients nothing but the best." Because Gino knows the importance of strength all too well, he chooses Dove Men+Care Shampoo to keep his hair as strong as his game, while caring for his clients.

ONCE UPON A TIME, the prevailing notion about strong men had much to do with apathy. It was cool not to care. The depiction of men was detached and unaffected. The manly man needed to be thoughtless, impulsive, unfussy, and perfectly in control of his emotions. Nonchalance wasn't just acceptable—it was in style.

But the winds of change have come and gone. Generations passed, and we have come to shed our past selves to embrace new standards of masculinity. Modern men are no longer afraid to be attentive, compassionate, and meticulous. We embrace our emotions and know how to express them freely; we allow ourselves to care, not just for ourselves, but for others. Now, men cook, clean, run household errands, and care for their children just as women do—and we aren't the least bit ashamed of it. We also care about how we look: our hair, our faces, our clothes, and our overall physique are generally accepted matters of concern for men. We value traits like responsibility, integrity, authenticity, and empathy as integral to our manhood. Male culture all over the world in 2015 is a stark refinement from that of one or two decades ago.

As a testament to this shift in paradigm, Dove Men+Care set out on a worldwide study to clarify the modern definition of masculinity and strength. The study revealed that while protecting and caring for others has always been important to and for men, its impact on our manhood has changed. For instance, the study found that 9 out of 10 men see caring as a sign of strength, and only 7% of men can relate to the way traditional media depicts masculinity. Moreover, 91% of men feel that they must take care of themselves in order to be able to take care of others. But these numbers are but reinforcements to the palpable reality around us: male chauvinism is dying, and men all around the world are evolving.

So just how does this affect our daily lives and how we interface with others? How does this shift in gender attitudes affect the lives of real men? Take it from five real men themselves. Their experience of Dove Men+Care speaks to the contemporary definition of male strength. By enabling these men to groom themselves and to give due attention to their personal hygiene, Dove Men+Care affirms that there truly is strength in caring.

MIGUEL

Customer Manager

Miguel finds himself dealing with a lot of people on a regular basis. As a Customer Manager at a prestigious multinational corporation, it's part of his job to manage relationships with clients. "I can't stress the importance of coming to work clean and presentable," says Miguel. "Whether you're meeting co-workers or clients—or even family and friends, for that matter—it's important to be clean and fresh. It shows that you care. That's why Dove Men+Care Anti-Dandruff Shampoo is invaluable to my grooming regimen. It helps me make a good impression."



KAEL
Financial Analyst

As a credit risk and portfolio analyst, Kael's daily grind is crunching numbers and analyzing investments. "It definitely brings me to the point of wanting to pull my hair out," says Kael of how stressful his job is. "Which is why Dove Men+Care Strengthening Shampoo is the perfect choice of shampoo. It keeps my hair strong and resilient, so I don't have to worry about my hair thinning out due to stress. I can still go out after working hours or wear my hair how I want when I go out of town on vacation."

ALVIN
Father



Above all the other roles he must play, Alvin is a family man. His wife and daughter are his top priorities – they come before anything else. And for fathers like Alvin, cleanliness is a big deal around the household. "I try my best to be a hands-on parent. I like to spend as much time with my daughter, to play with with her and teach her. Thus, it's especially important for me stay clean and fresh. This is why I use Dove Men+Care Refreshing Clean Shampoo. I do it not just for myself, but for my family's health and well-being."



"DOVE MEN+CARE SHOWED ME THAT CARING FOR YOURSELF CAN REALLY GO A LONG WAY."

ANGELO
Tech Marketing Manager

As a Tech Marketing Manager at a leading Tech and IT company, Angelo is learning the ropes of the modern world. "It is the kind of job that requires you to always be a step ahead in whatever task you take on. What may be simple to you is something that is complicated to someone else." It is important for Angelo to choose a shampoo that is as resilient as he has to be throughout the day. That's why he goes for Dove Men+Care Strengthening Shampoo, keeping him fresh and presentable at all times. "Dove Men+Care showed me that caring for yourself can really go a long way."

Dove MEN +CARE



STRENGTHENING

Get up to 5x* stronger hair! Dove Men+Care Strengthening Shampoo contains Caffeine and Trichazole Actives to help fortify your hair from root to tip, preventing hair fall effectively.

REFRESHING CLEAN

Give your hair the boost it needs! Infused with Caffeine and Menthol, Dove Men+Care Refreshing Clean Shampoo keeps your hair fresh, clean, and revitalized.

ANTI-DANDRUFF

Protect your scalp from flakes! The mix of Caffeine and AD Zinc in Dove Men+Care Anti-Dandruff Shampoo helps improve overall scalp health, and reduce flaking.

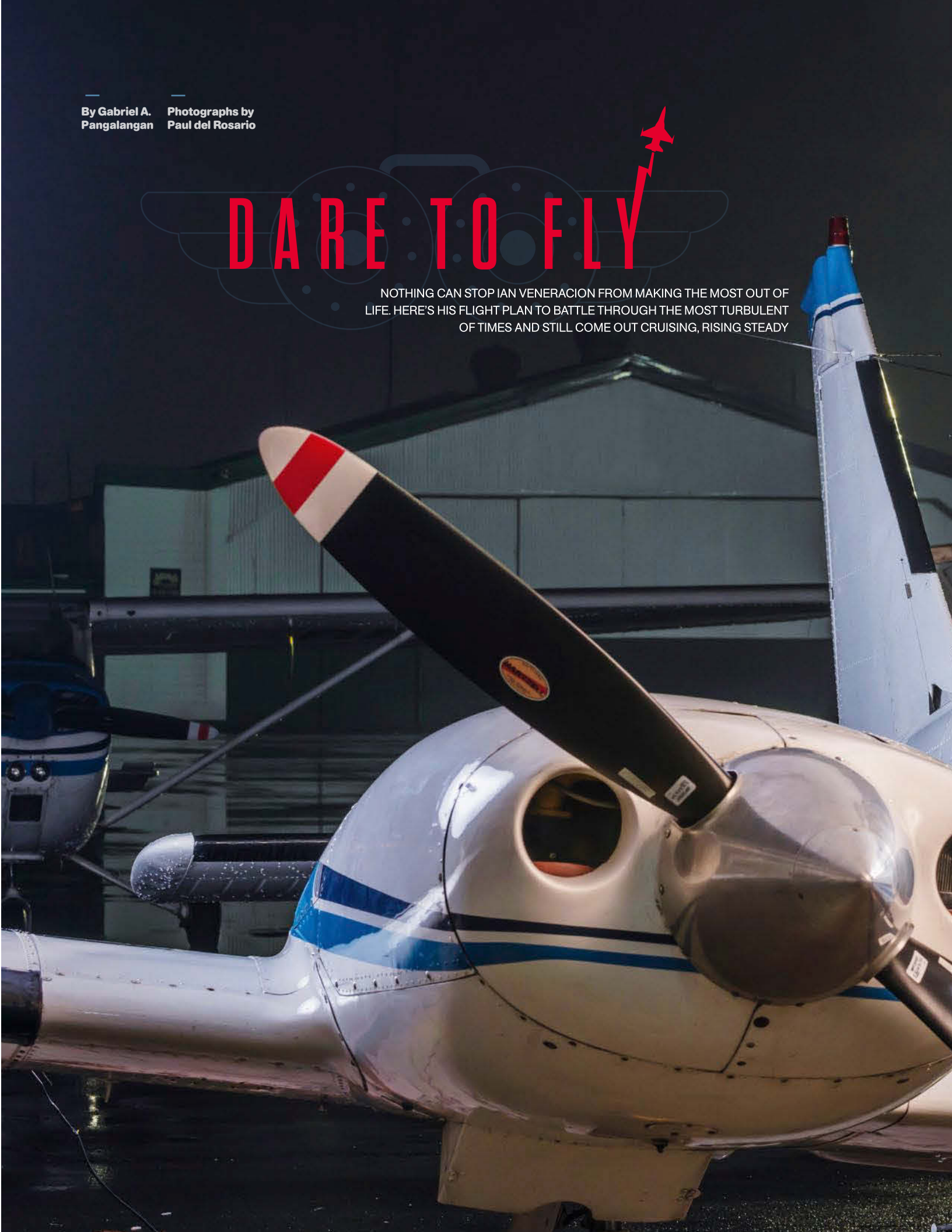
* vs non-conditioning shampoo

By Gabriel A. Pangalangan

Photographs by Paul del Rosario

DARE TO FLY

NOTHING CAN STOP IAN VENERACION FROM MAKING THE MOST OUT OF LIFE. HERE'S HIS FLIGHT PLAN TO BATTLE THROUGH THE MOST TURBULENT OF TIMES AND STILL COME OUT CRUISING, RISING STEADY





STYLING BY TRACY AYSON
GROOMING BY ARA FERNANDO

SPECIAL THANKS TO KAYE CADINGAN AND ARIS TORRES





"TOMAHAWK 1070, YOU ARE CLEARED FOR TAKEOFF." IAN VENERACION, 16 YEARS OF AGE AT THE TIME, WAS ABOUT TO MAKE HIS FIRST SOLO FLIGHT AFTER JUST 10 HOURS OF ASSISTED AIRTIME TRAINING.

There's one major concern, though: He's afraid of heights. But there was no turning back now—and he wasn't planning to bail. "*Nasabi ko na lahat ng dasal na alam ko* on the way to the end of the runway," he recalls. "[*Pero*] power, *todo na*. Then I took off."

If it isn't obvious enough, Veneracion has long outgrown his fear of heights. In fact, the TV and film actor has relished a love affair with the sky since that first flight. After clocking in over a hundred flying hours, he received his private pilot's license. He next took up skydiving in Sydney, Australia, and for even more airtime, he learned paragliding, which he then pursued at a competitive level. "Not many know that Ian represented the Philippines at the 1st International Paragliding Accuracy Championship last year," shares Ricky Gallardo, Veneracion's manager and long-time friend. Says the actor: "*Ang sarap talaga* to fly without an engine. It's just you and the wind in the middle of nowhere. There's a certain feeling of peace when you're there."

How, you ask, can somebody transform from acrophobic to paraglider extraordinaire? You only need to look at the kinds of activities Veneracion enjoys for an insight into his personality. "Ian likes to experiment. He likes to take risks," remarks Gallardo. The actor's many gut-wrenching activities are proof of this. He is also a scuba diver, motocross racer, skater, and cyclist. These adrenaline-pumping activities come with their fair share of mishaps, but for a natural risk-taker like Veneracion, phobias face a relatively short shelf life. And injuries are part of the experience.

"I have stitches on my shin from shooting. I have 12 stitches on my chin from ice-skating. I also have stitches on my nape from cycling," he enumerates. Gallardo adds, "Once, he was competing in motocross and he dislocated his collarbone, which required surgery."

Veneracion's reason for pursuing these death-defying activities is fairly simple: "It's like comparing swimming in the ocean to swimming in a pool. Of course, it's much safer in the swimming pool. There are jellyfish, sharks, saltwater crocodiles, and everything you could imagine in the ocean. But still, I'd prefer to swim in the ocean if I had the choice, every time. It's just worth it."

CLOTHES FROM: (LEATHER JACKET, BLUE AND RED SHIRT) BURTON, (JEAND AND BROWN SHOES) BENCH, (SWEATER AND COAT) RIVER ISLAND, (WHITE POLO) G2000, (GREEN JACKET) FOREVER 21, (BLACK SHOES) PEDRO.



EMBRACE THE GO-AROUND

Veneracion's ability to overcome fears and shrug off injuries is rooted in his life's mantra: Try everything. "Try as many things as you can," he says emphatically. "You don't have to be the son of a musician to have passion for music. Just try it, be it music, painting, or adventure sports—anything. It's going to help you one way or another."

Even Gallardo has accepted Veneracion's "try everything" mentality as an indispensable part of who the actor is. "That's how Ian evolves as a person," he observes. "I think that truly happy people try everything once, and if they like it, they stick to it." Gallardo may be on to something there. According to a study published in *The Journal of Positive Psychology,* people who invest more in experiences than in material things feel more fulfilled.

For Veneracion, however, learning from several experiences doesn't just boost your outlook on life; more important, it contributes to your holistic and long-term growth. "I think when you learn something specific, it makes you better at all the things you do," he notes. "Paragliding makes me a better pilot or skipper when I'm sailing (yup, he sails, too). It makes you better at navigation. The things you learn are interrelated, and you become better overall."

His willingness to try it all likewise manifests in his career decisions. A child actor from the age of five, he hasn't shied away from taking on risky roles—going from campy horror movies, cheesy rom-coms, and formulaic action flicks to melodramatic teleserye and everything in between. It's true not all his roles were hits, and even Gallardo refers to some of his characters as "forgettable action stars." Go do yourself a favor and check the man's filmography for a hearty laugh.

Alyas Baby Face in 1990, *Zaldong Tisoy* in 1993, *Kanto Boy 2: Anak ni Totoy Guapo* in 1995—that's just a sampling. And the man himself laughs when we tell him during one of the serious takes in this photo shoot that he's trying to bring back one of his "memorable" characters, Ben Balasador. The thing is, being a *mestizo* actor and gunning for the action-star bearing among macho kings like Robin Padilla and Fernando Poe Jr. took guts. And

BOX OFF THE DAD BOD

IAN VENERACION USES BOXING AND CIRCUIT TRAINING TO HELP HIM STAY IN GOOD SHAPE. FOLLOW HIS LEAD WITH THIS BOXING-BASED CIRCUIT

BY CHAPPY CALLANTA, C.S.C.S.

When training boxers, my goal is to develop foot and hand speed, core and hip strength and stability, endurance, and of course, total body power. It's also one of the rare sports where it's advisable to do crunches due to their nature. You just have to make sure to do enough extension work to balance out the back and front trunk muscles. Here's a 3-minute-per-round circuit that our boxers do after stability and power strength training.

INSTRUCTIONS:
Do each exercise for 30 seconds. After each exercise, perform one of the active-rest exercises suggested. Each round will last for three minutes (like in boxing). At first, rest for the same amount of time. Once you develop a higher work capacity, limit the rest to 30 seconds at a time.

WORK:
Kettlebell swings
Push-ups
Walking lunges
Suspended rows
Reverse burpees

ACTIVE REST CHOICES IN ORDER OF INCREASING INTENSITY:
March in place
Ali shuffles
Jumping jacks
Mountain climbers
Burpees

while it didn't really pan out the way he would've wanted, it's not like him to play it safe.

With experience as his ally, he has learned to make smarter career choices these days. "There have been projects and roles offered to Ian that he has politely turned down," reveals Gallardo. Veneracion has even been invited many times by political parties to run for public office, according to his manager. Those, too, he wisely declined. He has decided to pursue only the projects he believes are worth his time. The result: a resurgence in his career. He now plays the role of Eduardo Buenavista in hit TV series *Pangako Sa 'Yo* alongside teen pop sensation Daniel Padilla, and he is making the most of his unexpected second wind.

"It's been exciting. Before I got this show, I was at the stage *na*, 'Do I still want to do this?' *Parang* midlife crisis *na* stage," Veneracion remembers. "I had been doing this my whole life. Since I was five years old, I was in showbiz. Maybe I want to pursue something else. While waiting, while deciding *kung ano yung gusto ko talaga*, I said, '*Sige*, I'll do this show.'"

He couldn't be happier with the outcome: "*Biglang ang ganda ng* response *ng* audience, ABS-CBN management, and my directors. I'm just enjoying the ride while it's still there." Despite some successful and not-so-successful projects, he finds himself in a rare spot for someone in the latter part of his showbiz career: in the spotlight as the very rare but strangely in-demand 40-year-old heartthrob.

BALANCING ACT

You can only imagine how busy the guy is now, with tapings, endorsements, and mall shows left and right. But Veneracion has been able to do amazing things in his personal and professional life mainly because of his ability to find balance. "Everything is balanced for Ian, because he knows how to manage his time and his priorities," says Gallardo. "Work is something he appreciates, but it never hinders the happiness that he wants."

With *Pangako Sa 'Yo* still in full swing, Veneracion is shooting five days a week, although he still finds time to do other things that are important to him. "Sometimes on Saturdays, I take a short motorbike ride to Subic, have breakfast, then *balik*," he shares. "I spend most of my weekend with my wife and kids. When I'm doing a show, that's the most I can do."

He also makes it a point to work out whenever he can, going for the busy man's best friend: high-intensity interval training (HIIT). The beauty of HIIT is it helps you torch plenty of calories in a short amount of time. In fact, researchers from Southern Illinois University found that you can burn up to five percent of your body fat with a simple HIIT regimen in under 20 minutes. (See "Box Off the Dad Bod" for a sample program.)

Squeezing in sweat sessions can be tough for the modern-day Renaissance man. Luckily, Veneracion's 15-year-old daughter Dids helps him stay active. "I won't even pretend to be a fitness buff, but I love sports," admits Veneracion, who confesses to once having a dad bod. "I grew up playing varsity football, basketball, tennis, and swimming. But now, my daughter Dids, who's the fitness addict [between us], researches the workouts of Jason Statham, Hugh Jackman, and Dwayne 'The Rock' Johnson, and then has me try them."

"We do boxing at home and we have our own mitts," adds Dids, who prefers a career in sports. "We do boxing, tennis, and badminton usually on weekends."

By making time for himself, for exercise, and for his family, Veneracion is able to keep all aspects of his life in check. "I try to be a well-balanced person and everything follows," he states. "If I lack exercise, there's imbalance. If I don't have time with the family, there's imbalance. If you're well-balanced as a person, your family and career follow."

THE STEADY COURSE

The man is riding high as one of today's most in-demand actors, yet he remains down to earth. We witness this firsthand during our cover shoot. Veneracion arrives with no big entourage—just him, his daughter, and their personal driver. The father-daughter tandem never demand any star treatment; they come off as your average *mag-ama*, who just so happen to be famous and genetically gifted. Veneracion even banters with the crew and fans who'd approach him for photos.

RAPID FIRE

IAN VENERACION



Motto: Never underestimate the power of kindness.

One thing he's not good at: Dancing!

The next thing he wants to learn: I've always wanted to learn how to play the cello.

Biggest achievement: My kids. When I look at them, I realize I did a good job.

Funniest movie blooper: Giving a generic line to the *kontrabida* and realizing I had used the exact same line in the exact same manner in another movie.

His fatherhood style: Dynamic. It's not bookish or academic. My style differs per kid.

Least favorite movie he's done: *Anak ng Demonyo. Pati noon, pangit na yung* effects *at ang hirap na may* prosthetics. *Tapos hanggang ngayon, tuwing* Halloween, *pinapalabas pa rin*! (laughs)



SHOT ON LOCATION AT ORIENT AVIATION FLYING SCHOOL



In all these years, Veneracion has also kept busy by being a chef, hosting art exhibits, and traversing air, land, and sea for his many adventures. In short, he's a man who's done it all, but his down-to-earth nature makes him one of the most genuine people you'll ever meet. How does a man who rubs elbows with the stars and has his head up in the clouds remain so grounded? "Ian has always been grounded," maintains Gallardo. "He knows how to deal with success. He understands that everything's fleeting. That's why he's grounded."

A study published in the *Journal of Personality and Social Psychology* affirms the benefits of Veneracion's humble approach to his stardom. Study authors found that if something—such as time—is perceived to be scarce, it becomes more valuable. And with time getting scarcer by the day, Veneracion turns his focus to what he values most: His family.

"What I love most about my dad is the fact that, no matter how busy he is, he still manages to make time for us," says Dids, who seems all too happy to be spending this rainy, working Saturday afternoon with her dad. The sky's the limit for Veneracion, who can go anywhere and be anything he wants, but his compass is always directed to what matters most. "My first priority is fatherhood, my kids," he stresses. "Before anything, that comes first."

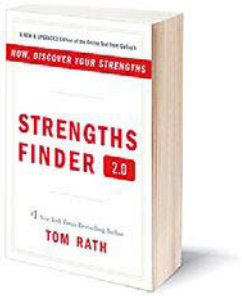
In your haste to take your career, love life, or passion to new heights, it's easy to lose sight of the journey. If there's anything Ian Veneracion can teach us, it's that the goal is not simply to get from point A to point B. Rather, it's to dare to fly, without forgetting to take in the scenery. "It's like meditation," he says. "*Ang laki-laki ng* Makati *kapag nandun ka. Pero kapag nandun ka sa taas, sobrang liit lang niya*. It gives you a different perspective about you and your community."

No matter how skilled a pilot you may be, cruising through stormy or turbulent weather, it would be a downright shame if you didn't once peek at the clouds passing by your wingtip, or at the minuscule cities hundreds of feet beneath you. By all means, grind on and make your dreams take flight, but remember to look around every once in a while. Otherwise, you'd be missing one heck of a view. ■



GET THE GINSENG GENIE

An Eastern medicine staple for the improvement of your general well-being, ginseng is known to lower blood sugar, control cholesterol, reduce stress, and even improve sexual performance in men while also targeting the treatment of male reproductive diseases and disorders, according to research conducted at the Hong Kong Unversity of Science and Technology in Kowloon. Harness the healthy benefits of natural ginseng in a convenient and easy-to-take capsule with ATC Ginseng. At only P6.50 per capsule, it's a budget-friendly, once-a-day preparation that will keep you on top of your game. ATC Ginseng is available at all Mercury Drug stores and other leading drugstores nationwide. Visit *www.facebook.com/ATCGinseng* for more details.



FORGE INNER STRENGTH

We all strive to live our best every day, but oftentimes get derailed since we're sometimes too focused on improving our shortcomings rather than working on our strengths. With *Strengths Finder 2.0* (P899, National Book Store) you can lock in on what you do well and develop this further to be more productive. Created by global performance management and consulting company Gallup, this book can give you insights on how you can maximize your natural talents. An update of the original *Strengths Finder*, this handy tome fits in your bag with ease, so you can take it along wherever you go as you embark on your quest for self-improvement.

HAVE A HEALTHY HOLIDAY

This December, your schedule will likely be packed with company parties, get-togethers with friends, and various social events. Make sure, however, to spend quality time with your family this Yuletide season—the positive gains of doing so abound. This includes tendencies to eat healthier, lowered rates of depression, and a feeling of emotional support, according to a research from Rutgers University in New Jersey. Tired of staying home but still want to reap the healthy benefits? Have a great family moment at the Richmonde Hotel and avail of one of their



many holiday packages, which includes both room and dining options. For more details, call 570-7777 or visit *www.richmondehotels.com.ph*.

OVERCOME YOUR PARKING WOES

"Parking stress" is all too real. In a nutshell, it's the feeling of raised anxiety due to the inability to park your car. Research from UK-based auto insurer *elephant.co.uk* reveals that nine percent of men admit that they are inept at parallel parking or reversing into a space next to the curb, while another 11 percent are sometimes unable to park even when given adequate space. Nip this problem in the bud using the new Ford Focus' Parallel and Perpendicular Park Assist and Park Out Assist, which will allow you to park your car without even touching the steering wheel. The new Focus is loaded with advanced driver assist technologies, and also



sports a new 1.5-liter EcoBoost engine that gives you both optimum power and great savings at the fuel pump. Schedule a test drive today by visiting *www.ford.com.ph*.

UPGRADE YOUR POCKET SHOOTER

Two is better than one. In the case of the Knight Spectra, Starmobile's all-new flagship smartphone, this couldn't be truer. That's because it's the most advanced Filipino cameraphone in the market today, featuring two rear camera lenses—one with a 2-megapixel sensor for quickly gathering shot information, and another 13-megapixel shooter to take brilliant, crystal-clear shots. What you get is a faster, more responsive, and more versatile camera that offers legitimate DSLR-quality shots. And that's not all: after shooting, you can further manipulate your photo by changing the focal point, which can add drama to any plain snap. Plus, the system runs on a very stable Android 5.1 Lollipop OS. For only P14,990, the Knight Spectra can be your all-around camera this season. Capture meaningful moments and



impress everyone with a phone that has awesome imaging capabilities. Visit *www.starmobile.ph* for more details.

Men's Health BOOST

JUMP-START YOUR BEST LIFE

EDITED BY ENRICO MIGUEL T. SUBIDO

CURED BY CUSSIN'

Belt out bad words and beat stress



POSITIVE PROFANITY

F*CK, YEAH! CUSSING IS GOOD FOR YOU!

By Mae Lorraine Lorenzo

Swearing is bad. There's always a negative connotation with the vile words that come out of your dirty mouth. But here's the rub: Swearing is so bad, it can actually be good for you.

According to a study published in *The Harvard Science Review*, cursing persists because it is one of the strongest ways to express speech perception. In fact, according to Steven Pinker, author of *The Stuff of Thought: Language as a Window into Human Nature*, "Speech perception is nearly automatic in mature individuals." Simply put, when we feel bad, we think of the strongest and, often, most offensive word we know, and it comes out in the form of swearing. There's comfort in cussing, and here are some of its benefits, Mr. Potty Mouth. →



FOSTER SWEAR-WARENESS IN THE WORKPLACE

"Problems arising from verbal abuse come from the fact that people don't acknowledge or do anything about it. Victims of such insults should learn to stand up for themselves and tell the abuser that they are affected," says Triston Garcia, a clinical psychologist from PsychConsult, Inc. Those on the receiving end of demeaning words should immediately report incidents to superiors and HR officers, as this is considered a violation of Republic Act 9262, or the "Anti-Violence Against Women and Their Children" act, and is something that shouldn't be taken lightly.

EAT SH*T, STRESS

Curse words are often so strong that we feel instant relief the moment we use them. "Swearing has become a way of improving one's quality of life in a stressful environment," says clinical psychologist Triston Garcia, who specializes in work-related stress and workspace psychology at PsychConsult Inc., in Quezon City. "You can't blame BPO professionals, for example, for swearing all the time because they work odd hours, and deal with foreigners with different cultural practices." In a way, swearing can be considered a great cultural phenomenon: Our willingness to say something that's considered bad or taboo greatly eases a tense situation and actually nurtures a more intimate environment with your peers.

PAK U, PAIN

Remember that time you accidentally banged your foot against the sofa and cursed the high heavens? That allowed a catharsis to overcome the pain. In fact, a study conducted by *The Scientific American* showed that participants who were asked to put their hands in ice-cold water could hold out on the prickling pain for 40 seconds longer while swearing, compared to those who were asked to shout non-insulting phrases. This is because swearing can trigger the production of endorphins, making you less prone to feel pain.

While swearing has its advantages, it's not all good—especially when you have little kids around. What to do when you'd really like to shout obscenities but shouldn't? We've got you covered.

1. BREATHE EASY

Learn how to stop yourself from spewing expletives by breathing effectively to help calm your nerves when you're angry.

2. WORK ON YOUR VOCAB

Control the cussing by widening your vocabulary. There are words or phrases that can serve as alternatives. Try "fudge" for "f*ck," "*putik*" for "*p*ta*," and "aardvark" for "assh*le." (But it's really hard to replace "motherf*cker," right?)

3. BE RESPONSIBLE

Always remember that even though they are just words, swearing or cursing can actually hurt others. So, think twice before saying anything offensive. Remember: You can't take back whatever bad words you say! ■

LAST MAN SANDING

SOME GUYS WASH UP LIKE THEY'RE STRIPPING PAINT. USE A LIGHTER TOUCH, AND YOU'LL LOOK SMOOTHER IN THE MORNING

By Sandra Nygaard



GO EASY ON YOUR MUG WHEN WASHING UP. YOU'LL THANK US FOR THE TIP 20 YEARS FROM NOW

WASHING YOUR FACE

Vigorous scrubbing won't give you a deeper clean, says Angela Teraoka Dacones, M.D., a cosmetic dermatologist and anti-aging specialist at Bene Sanctuarii Medical in Tagaytay. What it might do is make your skin dry, causing it to pump out oil. Use a gentle cleanser using a light circular motion to remove dead skin cells and surface debris. "A good wash shouldn't leave your face red and stinging," Dr. Dacones says. Finish by working a moisturizer into your skin, moving upward. (Pulling down can cause sagging).

RUBBING YOUR EYES

Whether you're washing your face, applying moisturizer, or just rubbing the sleep away, avoid pressing too hard on the thin, tender area around your eyes—it's delicate and easily irritated. "That can create new creases," says Arielle Kauvar, M.D., founding director of New York Laser & Skin Care. So when you apply wrinkle cream, just put a dab on your finger and gently tap from the inner to the outer corner of your eye without dragging or pulling the skin as you move your finger.

BRUSHING YOUR TEETH

If you use a manual toothbrush, you're probably brushing for only about 30 seconds and also pressing too hard, says Manhattan dentist Shadi Hosseini, D.D.S. As a result, you risk enamel abrasion and receding gums, both of which can leave roots susceptible to damage. "Where the enamel is thin, cold liquids or air can cause nerve sensitivity," Dr. Hosseini says. Try the Oral-B Oxyjet (P5,095, *lazada.com.ph*) which uses an innovative micro bubble technology for fresher, cleaner teeth and gums.

TREATING YOUR ACNE

Who hasn't been tempted to detonate a whitehead? But it's wise to keep your fingertips far away from pimples, Dr. Dacones says. The pinch that provides short-term relief will just make the situation worse. "Popping pimples causes a break in the skin, causing bacteria to enter and further infect the pimple, causing scarring," she says. Practice patience: Use a pea-sized amount of a product containing acne-fighting ingredients, such as benzoyl peroxide or salicylic acid, to help reduce inflammation and soothe the area.

DRYING YOUR HAIR

When you're in a rush, it's tempting to manhandle your mane. But aggressive drying can lead to breakage, says Amy Komorowski, a stylist who's worked with celebs like Ryan Gosling and Justin Timberlake. Instead, pat your hair down with a towel and then remove excess water by running your hands through the strands, says Komorowski. "Guys with some length should also use a wide-toothed comb to detangle their hair gently without pulling it," she adds.

PROP STYLING: MEGUMI EMOTO/ANDERSON HOPKINS. GROOMING: CHUCK JENSEN/MARK EDWARD INC.; MATT RAINEY (PRODUCTS). BENE SANCTUARII MEDICAL LOCATED ALONG TAGAYTAY-NASUGBU HIGHWAY

PHOTOGRAPH BY CLAIRE BENOIST

BOOST YOUR BONUS

STRIKE A HAPPY BALANCE BETWEEN BEING MR. BIG BUCKS AND THE GRINCH

By Ingrid Villafuerte Puache

Christmas Bonus: Two words that will make you feel like the richest man on Earth. Think of all the things you can buy, the vacations you can book, and the fulfillment of your dream of jumping on the bar and screaming, "Free-flowing drinks on me!"

But don't get too excited—take a deep breath, relax, and be smart about that cash. Here's your guide on how to maximize your holiday prosperity.

PUT 10 PERCENT IN:

SAVINGS

"Although I would like to state a higher percentage, the reality is that for those who have a difficult time saving money, lower targets are more attainable," says Anton D. Mauricio, country president of Chartered Institute for Securities and Investment. If you can afford to set aside more than 10 percent of your bonus, that's definitely better!



ALLOCATE 10 PERCENT TO:

PERSONAL PRESENTS

What's considered a worthy investment varies from one person to another. "The values and underlying beliefs we hold are reflected in the 'items of value' we purchase," notes Susan Grace Rivera, human capital consultant and W.E.L.L coach of Talent, Leadership and Change Consulting and Coaching. Some things you may want to invest in are watches that can be passed on as family heirlooms, or bonds and equity instruments, she suggests.

SPEND SMART

Make your bonus go an extra long way

SPEND 20 PERCENT ON:

CHRISTMAS GIFTS

Let's face it: Filipinos are a gift-giving, gift-loving bunch. "Being smart about gift-giving means not being too pressured about it," Mauricio points out. "The most precious gift reflects the thoughtfulness that went into selecting it." If you receive a gift from someone who wasn't on your list, save face by having back-up items like "bars of chocolate, USBs, gift certificates, and other easily portable items," Mauricio adds.

SET ASIDE 20 PERCENT FOR:

HOLIDAY GATHERINGS

A general rule of thumb for this is allotting "2 to 3 times what you would normally spend on a dinner," Mauricio says. But with gatherings happening left and right, your wallet will take a beating. "Christmas gatherings, because of the increasing and often prevailing values of consumerism, have become more a stressful chore than a joy," Rivera concedes. "When you start feeling this way, it is a cue to revisit what these gatherings mean to us."

DONATE 20 PERCENT TO:

CHARITY

Christmas is a time for giving, not just to your friends and family, but also to those in need. "To one who already has financial resources in abundance, it is a great opportunity to reach out and share with others who might be in dire straits," Rivera states. See your bonus as something that allows you to do things you may not be able to do with your regular income.

HAVE 10 PERCENT READY FOR:

YOUR HOLISTIC HEALTH

Mauricio believes it's important to invest in yourself. "Expenses that contribute to better physical, mental, emotional, and spiritual health, when chosen prudently and judiciously, are always a good investment," he stresses. Get a gym membership, or enroll in a program that will improve your business or career. These personal investments today will have benefits you'll enjoy in the future.

MAKE 10 PERCENT GROW WITH:

INVESTMENTS

Investing is about making your money grow. "I would even say spend 20 percent of your bonus and invest the remaining 80 percent. You would be sacrificing your current Christmas for the benefit of your future Christmases," remarks Mauricio. If that's too drastic for you, make it your goal to start with just 10 percent, and work on increasing that percentage every year. The point is to get into the habit of making your money work for you. ■

WHAT NOT TO DO WITH YOUR CHRISTMAS BONUS

Here are the fastest ways your hard-earned money can slip right through your fingers

Spread the word.
"When you tell other people who don't have to know that you've received your bonus, it creates pressure to share the wealth," explains Mauricio.

Spend it all in one go.
"Money is the easiest to blow in just one shopping spree. Anything in excess would lead one to a path you will likely regret later," warns Rivera.

Shop without a plan.
This can lead to impulse buys. You'll end up with a whole lot of stuff you don't need, and no money to buy the things you do need.

Photograph by: GETTY IMAGES

GIRL POWER

LET HER TAKE CONTROL TO SPICE THINGS UP IN BED

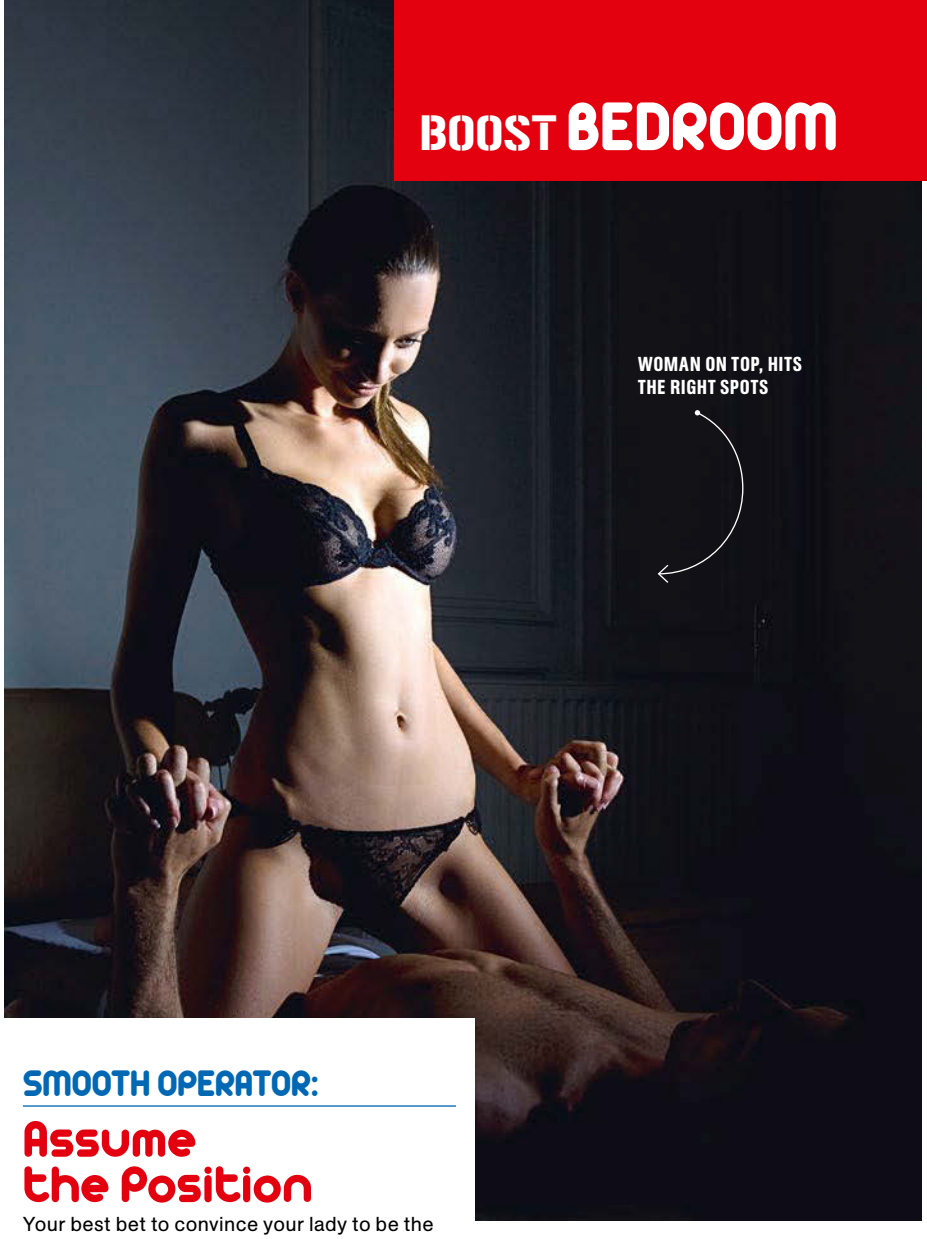
By Paul John Caña

When it comes to sex, we like to think of ourselves as orchestra conductors, film directors, and even company CEOs, barking out orders and expecting them to be carried out. Sometimes, though, it pays to sit back and let your lady take the lead.

"The advantage lies in the couple's dynamics in the relationship," says Ronaldo Elepaño, M.D., an adult psychiatrist. "Women taking charge can be arousing for men if the man is willing to relinquish control in the bedroom. Dominance doesn't always have to be limited to the man. The exchange of so-called 'power' in the form of control allows for couples to be balanced, and therefore be in a healthier relationship."

You also have a more satisfied lover if you give up control from time to time. "I tell him what I want, and if he doesn't comply, I tell him I won't enjoy it," shares Cassandra, a 30-something entrepreneur. "Besides, I know what feels good, so I tell him."

For women who aren't as forthright as Cassandra, it might take a bit of convincing. Here are a few tips to unleash the inner tigress in her.



SMOOTH OPERATOR:

Treat Her Tight

It's important to set the stage even before the main event. "Foreplay starts during the actual date," remarks Sheila, 29, a marketing and communications manager. "So if you've been bordering on perfect the whole evening, then you're rewarded." You can try to drop hints during dinner—you'd like to be "served" dessert in bed, for example. Whatever you do, make the date extra special so she can return the favor later on.

SMOOTH OPERATOR:

Assume the Position

Your best bet to convince your lady to be the general to your private is to try out new positions that put her in control. Go for the classic cowgirl (woman on top), although there are many other variations—reverse cowgirl (woman pivots so her back is to you), head over heels (her ankles on your shoulders, her back on your thighs), sexy scissoring (like cowgirl, but her lying back between your legs), and others.

According to Laurie Mintz, Ph.D., who teaches psychology of human sexuality at the University of Florida, the majority of women need clitoral stimulation to reach orgasm. "The woman-on-top position...seems to work due to the friction of the woman's clitoris rubbing on the man's pubic bone," says Mintz on *www.PsychologyToday.com*. Whether you want her to find her own pleasure or you're just feeling particularly lazy, in this way, everyone comes out on top.

SMOOTH OPERATOR:

Unleash Your Inner Submissive

If you're always taking charge, it's about time you make her feel that you can do things her way, too. Say something like, "I really like it when you tell me what to do."

"The man should be willing to be in a submissive role and find it stimulating without feeling castrated in order to enjoy the experience," stresses Elepaño. Adds Sheila: "Unless the girl is extremely aggressive, girls mostly take cues from the guys. Most of the time, we want the men to do the hard work. But we can handle the reins (so to speak) if you've been a good boy." ■

When She's TOO Bossy in Bed

So, you've finally gotten her out of her shell. Unfortunately, she seems to enjoy bossing you around so much that sex now feels like a chore. What do you do? "Domineering women can be seen not only outside but also inside the bedroom," notes Elepaño. "In the era of female empowerment, women are encouraged to express their sexuality without being judged. This can sometimes lead to overly dominant women in the bedroom, which can be castrating to their male partners."

If being told what to do in bed sounds like your thing, then congratulations, buddy—you've hit the sexual relationship jackpot. If this is an issue, however, Elepaño suggests voicing out your concern. "Remember that open communication should not forego respect. It's very easy to be rudely honest but healthy relationships require respect, honesty, and room for mistakes."



01 FANTASTIC FORCE

There's no denying J.J. Abrams's genius. The man is responsible for successfully relaunching *Star Trek*—no easy feat, considering Trekkies are as loyal as they come. So on the 17th, we'll see his take on another classic franchise with the opening of *Star Wars: The Force Awakens*. Just let that sink in a little. The flick is set 30 years after *Return of the Jedi*, and that's all we're gonna say about that. Yes, we're excited to have our minds blown, too.

DON'T SHY WAY FROM A CHALLENGE

Overcoming one big career task after the next requires only one thing: willpower. What approach should you subscribe to? Establish that you are mentally unbreakable. Says *Mindset: The New Psychology of Success* author Carol S. Dweck, Ph.D., willpower will only be as finite as you allow it to be. Believe you can deliver and you will, easy as cake.

BE MERRY

LOTS TO SMILE ABOUT THIS YULETIDE SEASON. BRING ON THE JOLLY TIMES

By Vince Vega

02 LITTLE TYKE TREATS

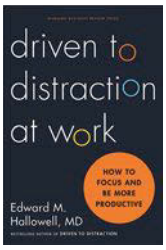


Let your kids lose their minds from the 18th to the 22nd, thanks to beloved music group Hi-5 at the Newport Performing Arts Theater in Resorts World Manila. Don't like their music? Earplugs will save you. Not really into their dancing? Just groove to the joy you bring to your little one.

RAISE A RULE-BREAKER

Are you seeing defiant tendencies from your child? Fret not—he won't end up a hell-raiser for life, because if you foster these attitudes correctly, he may become a big-time moneymaker in the future. According to the journal *Developmental Psychology*, rule breaking and defiance to parental authority are non-cognitive predictors to higher salary later in life. Just make sure to draw the line and always let him know when he's crossed it.

03 LAUNCH LASER-LIKE FOCUS



The office has loads of distractions that will keep you from completing your to-do list. *Driven to Distraction at Work* by Edward M. Hallowell, M.D. (P 1,245, National Book Store) may be just the read you need to give some focus to your 9-to-5 grind. After all, a productive mental perspective could set you on your way to owning that corner office.

BRING IT DOWN A LITTLE

It's time for a much-deserved break. This may come as a shocker, but according to studies from the University of Georgia, your health and happiness may dampen significantly if you work too much. Chill out before you burn out.

04 STAY ROYAL TO ROCK AND ROLL

If you haven't heard of any songs from stoner-metal band Baroness, you seriously need to look them up. Make up for lost time with their fourth studio album, *Purple*. Debuting on the 18th, this 10-song audio ride will take you places you've never been. The mellow keys and smooth percussion on "Chlorine and Wine" are great stress busters, whether you're coming from a tough day at the office or you just need some metal in you.

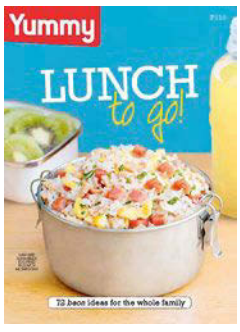


REJECT THE RUCKUS

We're sure you agree: There's nothing more distracting than hearing your officemate's phone blowing up while you're working in your cube. A Louisiana State University study found that songs as ringtones were the most disruptive to productivity, followed by "standard ringing" tones.

05 BAON BENEFITS

When you hit the kitchen, you have control over everything you eat. Meaning you can be selective about your portions and the ingredients that go into your dishes, says Ethan Bergman, associate dean of the College of Education and Professional Studies, and professor of Food Science and Nutrition at Central Washington University. Continue the good habit outside your home by bringing food to work, and get started with the easy recipes found in *Yummy 3: Lunch to Go!* (National Book Store, P150).



COMMAND VICTORY

RONALD ROBINS OF MINESKI TREATS SUCCESSFUL COMPANY LEADERSHIP AS A GAME OF STRATEGY. HERE'S HIS BATTLE PLAN

By Maan D'Asis Pamaran

When told by his parents and his then-girlfriend (now wife) that his love of playing *DOTA* was a dead end, Ronald Robins got his game on. Today, Robins—recognized by *Entrepreneur* magazine as one of the country's rising franchise superstars—owns the successful Mineski Infinity Cyber Café, which has grown to 56 branches (11 of which are located in Malaysia) in just 10 years.

The former captain of the top-ranked Mineski team admits he has no time to play his favorite platform these days, concentrating instead on developing young talent and growing the e-sports arena in the country. Mineski hosts the biggest e-sports events, both locally and in the region, attracting game developers who often consult him on how to get into the market. He shares his winning management techniques to help you lead your own team to a victorious campaign.



SPOT TALENT

It's important to find the right people. *Dapat magaling ang* HR *mo*—that is the biggest breakthrough I've had in the last few years. I have people here who were earning double than what they are getting now, but they love their job and find it more fun and challenging. It lets them think outside of the box.

BUILD A GREAT TEAM

Know how your people think and how they work. Make sure they work well with a team so everybody will move as one. This is very important in a game: When you have strong players, you will have a strong team—*mas malakas ang* output. This is also very important in business. I realized this when I started out. Since I couldn't afford high salaries, I simply hired people I could afford. *Nalaman ko na kapag nagtitipid ka sa tao, mas malaki ang gastos.* In time, you realize they will be left behind as you progress. *Parang sa* game, somebody else has to carry that load. The person carrying it will have his performance affected, too.

TAKE THE LEAD

Pag naglalaro kami, may iba-ibang style. Yung iba, democratic. I would be more of a dictator. This is not to say I do not listen to anybody else's ideas. We, as a team, would talk before the game about our strategy. During game time, I would be the only one to talk. *Para hindi magulo.* It's the same here, when we come up with new ideas: When formulating our plans, we all talk as a group and everyone has input. When it comes to implementation, I simply take the lead.

EMBRACE COMPETITION

We encourage the competition to grow. With many players now, I see that when they are threatened by someone they perceive to be better than they are, they kick [the competition] out [of the common sphere]. Let's develop a better mindset and attitude. Instead of the crab mentality, where we are all fighting each other over a slice of cake, why not work together so we can all share a bigger cake? ■

GROOMING BY SARI CAMPOS

SUPPLEMENT YOUR STRUCTURE

WHAT TO KEEP IN YOUR PANTRY TO SAFEGUARD THE FOUNDATION OF YOUR BODY

By Diana Uy

The first thing you don't know about calcium is that it's got a bigger role in your body than just fortifying your bones and teeth. It's essential for heartbeat and blood-pressure regulation, nerve transmission, muscle function, and enzyme activation. The second thing: Your one-glass-of-milk-a-day intake is not enough. According to the Philippine Recommended Energy and Nutrient Intakes, adults need about 750 milligrams of calcium per day, and one glass of milk carries only 305 milligrams.

Last but not least—and this calcium trivia is for all you gym rats—calcium deficiency increases your risk of stress fractures and sports-related muscle cramps, says San Miguel Pure Foods Culinary Center chef and nutritionist Llena Tan-Arcenas.

Your first plan of action, especially if you're lactose-intolerant, is to have efficient calcium sources such as fruits and green leafy vegetables, beans and nuts, soy and soy products, canned and dried fish (because you can eat the bones), and other calcium-fortified items like juices, waffle mixes, breakfast cereal, and oatmeal. "Get your daily dose of calcium by combining a variety of food every day since a lot of what we eat contains calcium," advises Tan-Arcenas. Here's a list of some calcium-rich foods you should have in your kitchen:

SARDINES

Calcium content: 175 mg per 100 g
Sardines are readily available in supermarkets and sari-sari stores. For breakfast, Tan-Arcenas recommends a sardines omelette using brown eggs, or served on cut-out bread using a cookie cutter. "Make eating appealing and fun by playing with color, texture, shape and temperature," suggests Tan-Arcenas. Alternatively, Chef Zhe Jacinto of Top Chef's Solution suggests making a Spanish sardines pasta.

BOILED EGGS

Calcium content: 73 mg per 100 g
Adding flavor and color by using herbs, spices, and sauces can liven up a simple boiled egg. "For more color, serve hard-boiled eggs with a dash of paprika and chopped chives or green onions. You can also add cilantro, parsley, sage, or thyme to omelettes. If you want a bit of sauce, Eggs Benedict has Hollandaise sauce and is topped with chives," recommends Tan-Arcenas. Jacinto adds you can put eggs on top of salads, then spoon on a little cream or chopped green onions as garnish.

PLAIN YOGURT

Calcium content: 180 mg per 100 g
You want to go plain because the flavored variants have extra sugar and calories you can do without. For a sweeter kick, Tan-Arcenas suggests adding fruits, or making milkshakes out of milk and yogurt. Yogurt can even be an alternative to all-purpose cream. "Instead of all-purpose cream, use yogurt for your pancakes. Garnish can be mango or strawberry," shares Jacinto.

BOILED SPINACH

Calcium content: 37 mg per 100 g
Lunch can be calcium-enriched with sautéed leafy greens like spinach, matched with fried dilis or *danggit* and brown rice. As an appetizer, Jacinto's creamy spinach soup can be the perfect prelude to a delicious meal: "Sautée garlic and onion, add olive oil and the spinach; blend the ingredients to puree the spinach, and add all-purpose cream, salt and pepper." ■

SARAP TO THE BONES

Chef Llena Tan-Arcenas whips up this dish to boost your calcium intake

SARDINES PASTA CASSEROLE

Ingredients

1 cup chopped white onion
2 cups Star Margarine Classic (melt 1 cup of margarine)
1 can (10.75 oz) condensed cream of mushroom soup
1 cup Magnolia Pure Fresh Natural Cow's Milk
1 tbsp calamansi juice
1 tsp white pepper
1 cup green peas
1 bottle (230g) sardines in corn oil, drained and flaked
3 cups cooked elbow macaroni, toss in oil
1 cup crushed potato chips

Procedure:

1. Preheat oven to 400°F.
2. In a saucepan over medium heat, sauté onions in one cup of margarine. Add the condensed soup and milk.
3. With a wire whisk, mix the sauce until it is smooth and free of lumps. Add the calamansi juice and white pepper. Cook for another three minutes, then add the peas and sardines.
4. Add the cooked pasta and mix well. Transfer the mixture into an ovenproof baking dish. Top with potato chips and drizzle with melted margarine. Bake for 20 to 25 minutes.



PHOTOGRAPHS BY SAM STOWELL



LOUNGE LIKE A BOSS

The hustle and bustle of your daily grind may be wearing you down, so it's time to unwind and brush the stress off your shoulders. One great spot to do just that is the Desiderata Lounge in Bonifacio Global City. Its kitchen sources fresh and high-quality local ingredients, free of artificial MSG or industrial sauces and stocks, for its tasty dishes. You can also relax some more with a refreshing drink from the bar, which offers the best among local breweries and distilleries. Plus, its stylish ambience and soothing music are bound to be treats for your senses. Visit Desiderata Lounge at Unit 106, The Infinity Tower, 25th Street, Bonifacio Global City, Taguig City or call 893-4212 for inquiries.



EXPRESSION IN THE BAG

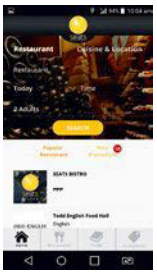
Bored with your mundane routine? Add color to your life starting with a loud and expressive backpack from Sprayground, a brand that's focused on creating and designing rebellious, edgy, and innovative products. They believe that art is meant to tell a story through pop culture inspiration, details, and color. This is evident in their latest collection, which offers playfulness and style all wrapped into one. Get your own Sprayground backpack by visiting their stores in U.P. Town Center, Alabang Town Center, Trinoma Mall, Eastwood Mall, Greenhills Shopping Center, Newport Mall, and Resorts World. For a look at their coolest bags, visit www.coalitionstore.com.ph.



GET YOUR WINGS

You don't have to be Superman to take your lady through the clouds; all you need is a pilot's license. You can get your wings and be the captain of your own cockpit by taking lessons with Orient Aviation Flying School. With 15 years of quality service and zero incidents and accidents, this flight school provides a safe environment for pilot training. Take your pick from courses such as Private Pilot License, Commercial Pilot License, Instrument Rating, Multi-engine Rating, and Flight Instructor. Visit the Orient Aviation Flying School at the Manila Aero Club Building, Andrews Avenue, Manila Domestic Airport, Pasay City, or call them at (+63) 2 8547 922. You can also email *orient_aviation@yahoo.com* or visit *www.orientaviation.com.ph* for any inquiries.





seats

RESERVATIONS MADE EASY

The Philippines' restaurant industry is booming, and that means one thing for you: more places to enjoy good (and hopefully, healthy) food. However, restaurants can become as jam-packed as EDSA traffic during rush hour, making it hard for you to chance upon a vacant table for you and your loved ones. That can all change if you get SEATS, a mobile app that offers guaranteed, free, and instant reservations at the most popular dining spots. Now, instead of leaving your next meal to chance or making an effort for reservations, all it takes is three simple steps on your phone to guarantee you have a table waiting for your next meal. Download it for free from the App Store now!



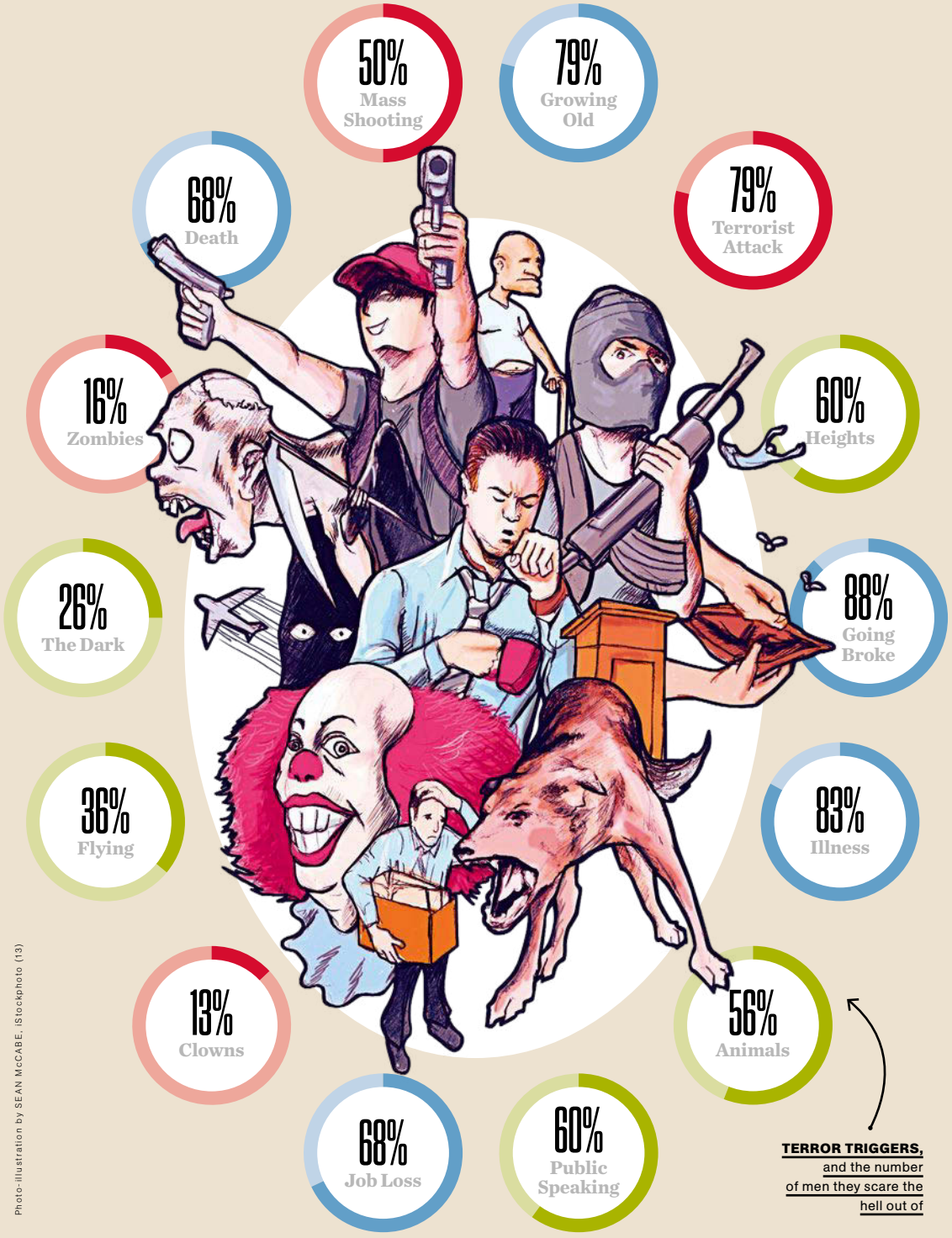
KNOCK OUT FAT

Focusing on losing fat (not just weight) ensures you're really decreasing your risk of having high cholesterol and even heart disease. Proper diet and exercise are a sound means of accomplishing that, but you could also try FatOut, a fiber supplement that contains a revolutionary "sweep and shred" formula. This formula is rich in fiber, which helps you lower bad cholesterol and "sweep" away toxins and cholesterol from the body. At the same time, it nourishes the digestive system, detoxifies the colon, and helps in proper elimination of waste from the body. FatOut is priced at P125 per capsule and is available at all Mercury Drug stores nationwide. For more information, visit *facebook.com/ATCFatOut.*

DATA BOMB

Outsmart Every Demon

Want to freak out your friends? Ask them if they ever think about going bankrupt. Researchers at Chapman University in California found that men are most apprehensive or worried about the things they can't control—with going broke edging out an unexpected visit from the Reaper. Heights and animals also make the list, as do random evils such as terrorist attacks, says study author Christopher Bader, Ph.D. Use this page to gauge how your own fears compare to what's haunting other men. Then find out what causes you to quake so you can overcome it. — *K. Aleisha Fetters*



TERROR TRIGGERS, and the number of men they scare the hell out of

Photo-illustration by SEAN McCABE, iStockphoto (13)

TYPE OF FEAR

Primal Threats

In primitive times, an aversion to snakes and steep cliffs may have saved us from self-extinction, says sociologist Margee Kerr, Ph.D., author of *Scream: Chilling Adventures in the Science of Fear.* Even the fear of public speaking is useful: No one wants to say something dumb and end up alienated. So caution is fine, but don't let it rule you. Maintain perspective by tracking experiences: Write down how you feel before the daring deed and then afterward.

Loss of Control

Most men feel that their actions can dictate their destiny, Bader says. That's why the concept of an uncontrollable event—like a heart attack, a layoff, or a stock market crash—leaves them stressed and anxious, says New York City psychiatrist Robert London, M.D. The 15-second fix: Close your eyes, breathe slowly, and replay a great memory as if it's being projected on a movie screen in your mind, Dr. London suggests. A 2014 *JAMA Internal Medicine* review found that meditation can keep you calm.

Random Violence

Terrorist attacks and mass shootings unsettle us precisely because they're so random. This explains our strange fear of evil clowns and zombies—bogeymen built for chaos, Bader says. But random doesn't mean likely. You'll recognize that better by turning off the tube: Men who were most fearful tended to watch dark shows like *The Walking Dead* or *True Detective.* Then exercise. A review of research from the University of Georgia found that physically active people reported up to 55 percent less anxiety than sedentary folks.

ILLUSTRATION BY JOHN LAURENCE PATULAN; EDITED BY BEN PAYNTER

Being a stuntman is pretty badass, though the job hazards are very real. Still, choosing this profession involves making a calculated risk: a decision-making skill that can result in increased creativity, persistence, resilience, judgement, and self-efficacy, according to a UCLA study.

Vertical Horizon

BY CHASE D. LOMIBAO

Not a lot of us can name the highest mountain in each continent of the world. But IT professional Romi Garduce knows them all too well, being the first Filipino to climb them all. While only a few can repeat his historic feat, Garduce shares the lessons from his journey so you can use them to reach your career peak.



1

SET YOUR EYES ON THE SUMMIT, BUT LIVE THE JOURNEY

Maraming na bu-burn out by being focused on solving issues, doing this and that, and accomplishing goals, but at the same time, *nami*-miss *nila yung* happy part of their lives. Set goals, but don't skip life. *Hindi yung araw-araw nagpapakahirap ka. Hindi yung lagi kang nagpupuyat at* walang moments for yourself. Pause once in a while.

2

ACCLIMATIZE

Acclimatization allows your body and mind to adapt, *para kapag nandiyan na yung bagong* challenge, *nasa tamang* condition *ka*, confident *ka*, and you would have developed the skills to solve, handle, and manage it. Take it slow and go about it the right way, *hindi yung masyadong paspasan*. Acclimatize properly by learning what you need to know to gain experience. Then move on to the next camp, the next milestone, until you're at the peak.

3

WORK WITH A TEAM, AND BUILD IT

Sa corporate [setting], *minsan wala ka namang* choice *kung sino yung nasa* team *mo. Ito yung* resources *mo*, so build on them—build your team. If you're the expedition leader, bond your people. If you're not the leader, be an influencer. For me, the only sure way *na lumabas yung* personality and character *ng isang tao ay pag na te*-test mo siya sa crisis. And mountaineering is the best test of character. *Diyan lalabas yung mga pabebe, yung maraming inarte sa buhay.* Once you see their true character, you can adjust, you can plan on how to manage individuals.

4

EVEN QUITTING SHOULD BE PLANNED FOR

Apart from the obvious reasons, like an avalanche right in front of you, I believe the decision to quit should happen during planning. A lot of times, climbers quit at the moment they think they need to quit, which is problematic. *Bumabaliktad yung utak mo* when you entertain doubt, anxiety, and fear. *Dapat napag-aralan mo* during planning or assessment, not during the time *na nahihirapan ka. Ang sabi ko nga*, the first step outside your last camp is the first step of commitment. And that step of commitment means *hindi mo i-e*-entertain *yung* doubt. *Tuloy-tuloy lang. Ganun din sa* corporate projects, unless *siguro kung sinaksak ka na ng boss mo.*



BODY BENCHMARK

Do You Have What It Takes to Be a Stuntman?

Insanity isn't a job requirement for the most dangerous work in Hollywood, but it might help. Several top performers with the Stuntmen's Association of Motion Pictures say a professional daredevil must be comfortable falling at least 50 feet from a window, driving a slalom course at 40 mph in reverse, and enduring at least 50 punches in a three-minute simulated brawl. Needless to say, this is advanced stunt work. To see if you have the basic lunacy and fitness to be a daredevil, try to hit these benchmarks set by Eddie Fernandez, one of Hollywood's top fall guys. Ace them and you could get cast—instead of ending up in one. —LAUREN DEL TURCO

150
Total punches thrown into a punching bag in three minutes. (It takes fitness and coordination to learn fast fight sequences.)

30
Number of seconds to hold your breath while thrashing under water. (Beating O_2 deprivation is also key if you're ever set afire in a flame suit.)

14
Pace, in km/h, to maintain while running 8 kilometers. (You'll need serious cardio to nail Bad Guy Chase Scene, take 47.)

ILLUSTRATIONS BY BOIZEI MALICDEM

Wanna be a stronger BMX rider? Work on your hips and knees. Research in the *Journal of Strength and Conditioning Research* has found that dominant movement patterns in BMX riders happened in these two body parts. Kettlebell swings, squats, and deadlifts are all your friends.

FLUID FLIP

BY CHASE D. LOMIBAO

The flip-turn is a swimmer's display of grace, power, and speed in one fluid motion—leading to faster laps because no momentum is broken. More important, though, is that when done well, it looks badass. Coach Nonoy Basa, co-founder of Streamline Sports Instruction, takes us through the move so that next time you hit the pool and do your laps, PRs will be broken and jaws will be dropping.

1

Assuming you're using a lap pool with a T-mark at the end of each lap, do one last pull with your dominant arm as your face crosses the T-mark to maintain your momentum as you approach the wall.

2

With both your arms by your side as you complete the pull, tuck your chin to your chest to start a somersault. Curl your body into a ball, bending your knees close to your chest. Use your abdominal muscles (similar to a crunch) to do fast flip to get your heels over your head and end with your feet planted on the wall. With your elbows tucked in to your side, use both your arms (forearm to hand area) to push water up toward your face. Make sure you exhale through your nose as you flip to push the water away. Trust us on this one.

3

At this point, you should be on your back, feet planted on the wall, legs bent but shoulder width apart, and elbows still tucked to your side with your hands close to your face (imagine how you would prepare for a vertical jump, with the wall as the floor). In one movement, push off against the wall and turn your body to face the bottom of the pool, then stretch your arms up to meet into the streamline position. To maximize the momentum from the push-off, maintain your streamline position with your legs together and your toes pointed as you kick to break the surface.



Do the Bunny Hop

BY CHASE D. LOMIBAO

We aren't talking about the novelty dance move from the '50s. Elite BMX flatland rider and serial world champion Jorge "Viki" Gómez explains the basics in executing the foundation of many bike tricks. Learn it well and go get some sweet, sweet air time.

1. Find a small ramp for jumping off. Make sure the ramp or incline is positioned in such a way that after the jump, you land on a flat surface to avoid injury. You can do the bunny hop on flats from the get-go, but the purpose of the ramp is to feel what it's like to be airborne.

2. As you approach the ramp, flex your knees and plant your feet on the pedals to brace yourself for the hop. It helps to be standing on the pedals, but make sure your legs aren't fully extended to maximize the springing action of the hop. When you finally hit the ramp, firmly pull the handlebar upward to lift the front wheel.

3. While airborne and using the momentum generated by the forward and upward motion, distribute your weight toward the rear, and use your whole body to "pull" on the pedals. If done correctly, the rear wheel will lift as well. Just like a rabbit jump, the motion involves using your entire body and not just your arms.

4 PICS THAT PISS HER OFF

THINK TWICE BEFORE POSTING THESE SNAPS, SAYS DATING EXPERT LOGAN LEVKOFF, Ph.D.



AFTER A BIG WORKOUT

Let her handle the postmarathon selfie, Levkoff says. Post something symbolic, not sweaty—like the celebratory doughnuts at the finish line.



WHEN SHE'S SLEEPING

Celebrity couples might pull this move because they think it makes them look relatable. But for everyone else, Levkoff says, it's just creepy,



WITHOUT MAKEUP

She may love hearing that you admire her natural beauty. So say it, don't share it. Whatever face she shows to the rest of the world is up to her.



DURING A MEAL

Few people look good chowing down. But extend the moratorium to your plates too—it'll be easier to forget just how many slices of pizza you both scarfed.

ILLUSTRATIONS BY BOIZEI MALICDEM

ILLUSTRATIONS, BROWN BIRD DESIGN (4); DIEGO UCHITEL/TRUNK ARCHIVE (PHOTOGRAPH)

Flat-laying isn't only a practice in styling, but also a way to reduce stress and depression—by being organized and systematic, of course. According to a study in *Personality and Social Psychology Bulletin*, having less clutter creates a healthier environment.

Flat Lay Like a Pro

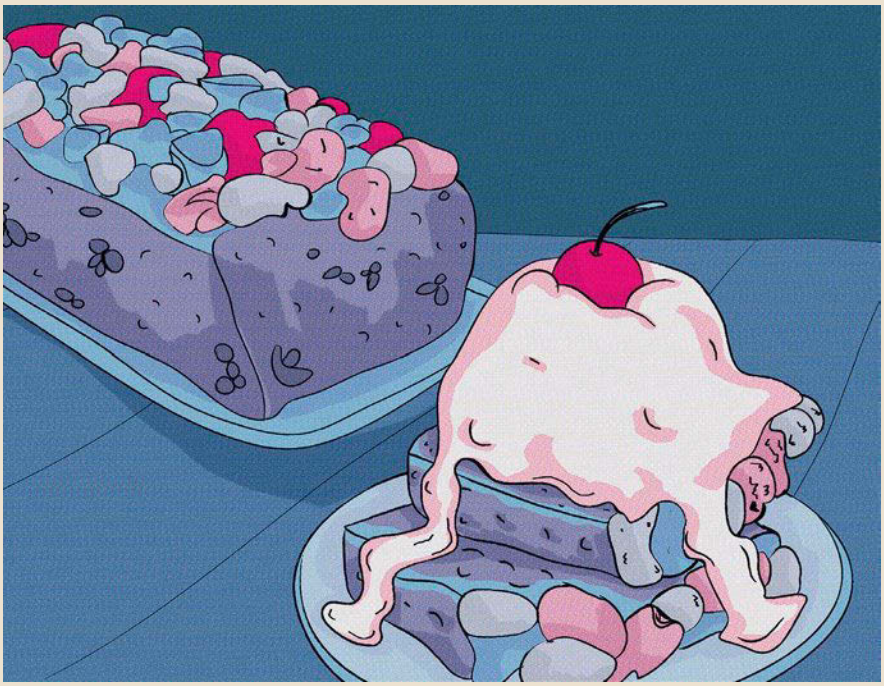
BY MELISSA G. BAGAMASBAD

You've seen it on your social-media feed, you may have tried it without knowing what it's called, and you've definitely made a flat lay fail. Food stylist Chiqui Lloren-Obcemea of Delight Food Styling and Photography cleans up your mess with some tips on how to arrange a professional-looking flat lay.



1. Have enough space for a top shot. You can use a step stool or shoot on the floor.
2. Make sure the larger items are balanced out by the smaller items.
3. If you have a mix of colorful items, go with a white background to make the colors pop and stand out.
4. If your items are plain, use a textured background or colorful tiles to make the spread interesting.
5. Select your highlight piece and add items that will complement it.
6. Keep colors in similar hues or complementary hues. Two to three colors that go together look better than having all the colors of the rainbow.
7. Keep it simple and have some breathing room in between pieces. A minimalist approach works best and keeps your audience focused on the details. Too much can look too cluttered.

Delight specializes in food styling and photography. Contact them at *delight.photo@gmail.com* or visit *www.delightfolio.com*.



Get Fancy with Fruitcake

BY MELISSA G. BAGAMASBAD

An indispensable part of the *Noche Buena*, fruitcake makes an appearance in almost every Filipino household this time of year. While some people are not that eager to welcome back this delicacy ("Fruitcake *na naman*?"), there are actually ways to enjoy fruitcake other than in its normal state, should you find yourself with a surplus. Chef Gino Gonzalez of Café Ysabel shares tips on how to make the most of this yuletide treat.

1. Anoint with brandy. Leave one whole fruitcake as is, and "anoint it with brandy once a month for a year. Have it the next Christmas. It will be divine, promise!" assures Gonzalez.

2. Make into toasted *mamon*. Bake it slowly at 250 degrees Fahrenheit. Make something like a *mamon tostado* of sorts, and you can have it for breakfast as well.

3. Use for baked Alaska. Use it as a base or wall for a baked Alaska in which you stuff 1 to 3 kinds of ice cream, and use the fruitcake as the wall. "Set it in the freezer and you have an instant complex frozen dessert that everyone will love," Gonzalez says.

4. Have it with ice cream. "It can also be cut into slices and used as a base or floor for vanilla or any ice cream that will match fruitcake," suggests Gonzales.

Buenisimo by Café Ysabel can be found at 24 Scout Tuason Street, Barangay Laging Handa, Diliman, Quezon City. Call them at (02) 410-5050.



DON'T GO DOWN WITH THE SHIP

SOME 400 PEOPLE DROWN INSIDE CARS EACH YEAR IN NORTH AMERICA. THESE STEPS COULD SAVE YOUR LIFE

1/ Release Your Belt
Unbuckle yourself and your passengers, but don't try to budge the door. Consider: With doors shut, you'll float for 2½ minutes or so. But once they open, water rushes in and you'll sink in about 11 seconds, according to research from Manitoba University.

2/ Go for the Window
Power windows are built to operate for 30 to 90 seconds after a vehicle hits water. If they fail? "You won't be able to break the window," says Giesbrecht. A tactical pen (P780, *olx.ph*) *will* shatter the glass. Stash one in your glove compartment.

3/ Help the Little Ones
Zhong and Severson had the right idea: Kids first. If they can't swim, have them grip the side of the car until you're out too, Giesbrecht says. You have time—in the study, three adults and one child-size mannequin escaped through one window in just 51 seconds. —McKENZIE MAXSON

Illustration by TODD DETWILER

ILLUSTRATIONS BY BOIZEI MALICDEM



The Sexperiment

"I Sent Dick Pics to My Wife" Your smartphone is also a sex toy. Could it hold the secret to a hotter marriage?

BY TIM ROGERS

A FEW MONTHS AGO I MET a buddy for a beer after work. As he was settling in, I grabbed his phone. "I'll scroll through your photos and ask about them," I said. "It's a fast way to catch up."

"Nope," he said, snatching it back. "I've got dick pics on there." When he travels, I learned, he and his wife keep the connubial fires stoked with explicit texts. "You should try it," he said.

My wife and I just celebrated our 19th anniversary. I love her all the way to the bottom of her heart, as our daughter once said when she was 4 years old. That daughter is now 9. She's got a 16-year-old brother. They take a lot of work. Work, too, takes a lot of work. So, sexting. Maybe I should try it, I thought. ❶

I consulted another friend. I said I might cut a hole in a piece of paper and draw a tableau—like the Last Supper—for my penis to peek through.

"Dude, take it seriously," he advised. "If you want this to work, do it with sincerity."

A few days later, my wife left town on a business trip. That night, I sent my first sext:

"Remember that time you and I had crazy sex on our dining room table?" Nothing. ❷

I followed up: "Have you been sitting there, racking your brain, trying to remember it?"

Finally the response came: "Ha no driving."

The next day, after a perfunctory exchange about what time the dog had last been walked, I pivoted. "Say, unrelated," I wrote, "but I was thinking about that day many years ago, before we had kids, when you picked me up from the airport and let it be plainly known that you weren't wearing panties under your skirt."

"Ha! What a complete non sequitur and fun memory. We used to be crazier," she wrote.

Me: "It's true. You'll recall that we went to the Blue Goose from the airport, and I had to eat an entire meal while stifling a boner." ❸

No response. The reference to my long-ago stifled boner sat there, unrequited.

Six friends attended happy hour that day. I read my efforts aloud. "Who says 'you'll recall' in a sext?" one guy asked. "You sound like a lawyer addressing a hostile witness."

Another: "You 'stifled a boner'? It's like NBA coaches miked up in huddles, talking for the TV audience and not the players."

Their mockery was interrupted when my screen lit up: "Are you working on an article?"

Hooting and hollering ensued. I needed to send a dick pic now, they agreed. One said, "Text her: 'Does this answer your question?'"

Have you ever tried to cultivate an erection in a bathroom stall in a bar, during daylight hours, without assistance? Anyway, I sent the photo, along with their suggested message, and was immediately consumed by a level of fear and shame I'd never felt before. Would she think I'd lost my mind? Or, worse, would she think I had made her the brunt of a joke?

I returned to looks of disbelief at the table. Several minutes passed, and then came her response: "Ummm." Not "yummm." Ummm.

I read her text aloud. One buddy quoted Otter, from *Animal House*. "You can't spend your whole life worrying about your mistakes," he said. "You fucked up! You trusted us!"

Later, I fessed up. Yes, it was an experiment. But my heart was in the right place, along with my penis. The memory of that ride home from the airport is one I'll never forget. Sure, we used to be crazier—but still no less in love.

As for sexting? With someone as inept as I am driving the show, it was never going to work. And for me and my wife, texting is all about coordinating the daily demands of married life.

One more thing. When I explained myself that night, my wife said, "You tell them I figured it out," she said. "I sussed out your little experiment. I'm too smart for that."

And that's why I look forward to our 20th.

Three Sext Tips Your Buddies Won't Tell You

❶ DON'T RUSH
"Work up to the dick pic," says sociologist Jenn Gunsaullus, Ph.D. "Tease her with other shots of your body before the big reveal."

❷ THINK FORWARD
Past romps are fun to describe, Gunsaullus says, "but so is how the thought of being with her *now* drives you crazy with desire."

❸ BE PERSONAL
Give specific compliments, says psychologist Paulette Sherman; like how great her butt looks in yoga pants.

ILLUSTRATION BY GARY WILLIAM MUSGRAVE



ARE YOU BABY-READY, BABY?



A man who is well-prepared—physically, emotionally, and financially—to be a parent? That's honorable, admirable, and, in the eyes of many women, downright sexy. Take the test and see if fatherhood suits you

By Enrico Miguel T. Subido

Photographs by Dix Perez

Makeup by Ericka Roxas Gatmaitan

Styling by Sancho Bernardo

Prop Styling by Genie Ranada

Modeled by Bianca Guidotti & Rommel Cardiente of Mercator Artist and Model Management

Page 48

Your prerequisites for parenthood are fairly simple: You only need healthy sperm and a heterosexual partner who is willing and physiologically capable of incubating your seed until a zygote—a fertilized cell formed from the combination of DNA from two parent gametes—is formed. Do the nasty, wait nine months, and, *voila*, out comes a bouncing bundle of joy.

The next step, though, is quite complicated. Fatherhood, that very significant milestone in a man's life, guarantees two things: Change, and a lot of changing. And we're not only talking about diapers. Unfortunately, men are statistically less ready for parenthood compared to women, according to research published in the journal *Child and Family Behavior Therapy*. The study's authors noted that "fathers reported less readiness for change [and] less confidence in their ability to make changes, were more defensive about the need to change, and saw treatment as less important than mothers."

Pondering over why many men approach such a significant role irresponsibly, or telling yourself you won't be like those unprepared guys, is irrelevant. What you should really ask yourself is: Do I want to be a father? Whether your answer is "yes, absolutely" or "in the near future," the next thing you should tell yourself is this: Change is inevitable. You can still be you, no doubt. You don't have to give up *Lego Dimensions* or hanging out with the homies. You can still include a road bike in your budget, even after spending for an infant seat. And you should still definitely have a healthy sex life with your partner, dammit. But expect that your new purpose will involve comforting a hormonal woman, being able to put aside your personal interests, and changing diapers—a lot of diapers.

The next pages will make sure you come into daddyhood prepared, by means of the *Men's Health* Baby-Ready Test. Created with the aid of experts, it will help you assess your readiness regarding the many personal changes that bringing life into this world entails. Tally your results after answering all three sections and find out where you stand.



ALL SYSTEMS, GO!
Or are they? Keep your mind, body, and resources in check and in line with your parental-readiness



PHYSICAL EXAM

(Answer each question and score yourself accordingly: Yes=1 point; Sometimes/ Maybe=2 points; No=3 points)

1. DO YOU ENJOY DOING THE FOLLOWING ACTIVITIES AND PARTAKE IN THEM FREQUENTLY: HOT-TUB SESSIONS, SAUNA TREATMENTS, CYCLING, AND HORSEBACK RIDING?
YES [] SOMETIMES [] NO []

2. ARE YOU A SMOKER?
YES [] SOMETIMES [] NO []

3. DID YOU HAVE THE MUMPS WHEN YOU WERE A KID?
YES [] MAYBE [] NO []

4. DO YOU HAVE PREVIOUS HISTORY OF A SEXUALLY TRANSMITTED INFECTION?
YES [] MAYBE [] NO []

5. DO YOU EXERCISE IRREGULARLY AT BEST, AND DOES YOUR IDEA OF A BALANCED DIET INVOLVE A VARIETY OF FAST FOOD?
YES [] SOMETIMES [] NO []

6. DO YOU HAVE MORE THAN ONE SEXUAL PARTNER? ("SOMETIMES" IS AN ACCEPTABLE ANSWER, SINCE MODERN DATING CAN BE TRICKY.)
YES [] SOMETIMES [] NO []

7. DOES YOUR JOB INVOLVE EXPOSURE TO HIGH TEMPERATURES FOR PROLONGED PERIODS OF TIME?
YES [] SOMETIMES [] NO []

8. DO YOU PREFER BRIEFS OVER BOXERS?
YES [] SOMETIMES [] NO []

9. DO YOU CARRY YOUR CELLPHONE IN YOUR PANTS POCKET FOR MOST OF THE DAY?
YES [] SOMETIMES [] NO []

10. DO YOU HAVE A HARD TIME PEEING ON NORMAL DAYS, EVEN IF YOU'RE ADEQUATELY HYDRATED?
YES [] SOMETIMES [] NO []

EXPERT NOTES:

As far as check-ups go, a semen analysis—or the test that tells you if you've got healthy swimmers—is not S.O.P. Still, talk to your urologist and request for one. You want to be working with as much data as possible, after all. "A semen analysis, knowledge of a patient's medical and sexual history, and a physical examination form the foundation and treatment of male infertility," says German Jose T. Albano, M.D., head of the subsection of male infertility and sexual dysfunction at the University of Santo Tomas Hospital's Department of Surgery.

On one hand, infertility can be a congenital issue: the absence of a vas deferens (the pathway for sperm when a man ejaculates), or an inborn blockage in your urethra, impeding sperm travel. These conditions will prevent you from sowing your seed. Infertility can also stem from your lifestyle choices. Your diet, your choice of exercise, whether you like boxers or briefs, and even your cellphone use, all affect your sperm health.

Here are some examples of how your lifestyle affects your sperm count: Prolonged bike riding may cause trauma to your testes; processed food will spur the formation of free radicals, which affect the quality of your sperm; briefs create a restrictive, mostly hot, environment not conducive to healthy sperm production; and your cellphone emits radiation that's not good for your nuts, according to a study from the Reproductive Research Center of the Glickman Urological and Kidney Institute and Department of Obstetrics-Gynecology in Cleveland, Ohio.

There are a lot of sperm killers out there, but the good news is that your life choices can make all the difference. "You have to practice preventive measures and live a healthy lifestyle to keep your sperm healthy," urges Dr. Albano. "Avoid smoking, exercise regularly, avoid trauma to the testes, and keep your groin area well-ventilated."

Dr. Albano also suggests "eating natural and whole foods, taking antioxidants like vitamin C, not placing your laptop on your lap for long periods of time, wearing loose-fitting and light pants, and avoiding prolonged standing." This might sound like your standard "healthy living formula," and, by all means, it is. This time, however, understand that a shift to a healthier lifestyle will positively affect the quality of sperm you can produce, increasing your chances of fertility, and likewise improving the physical health of your child-to-be.

Have You Had the Mumps?

The mumps virus has the capacity to leave you sterile. "Mumps may cause direct damage to the testes by inflammation, or by causing blockage to the passageway of the sperm," explains Dr. Albano. Ask your parents if you've ever had the mumps, if you can't remember. Know your medical history so that you can give a brighter outlook to your reproductive future.

Get an STI Test, Stat!

You and your partner both need to get an STI test. STIs can have serious health hazards on your baby, and can even affect conception itself. The US Centers for Disease Control and Prevention recommend that couples with pregnancy on the horizon be screened even if they are not in a high-risk relationship. These diseases can remain dormant in your body for years without symptoms, so tests should really be in order.

MENTAL MAKE-UP

(Answer each question and score yourself accordingly: Yes=1 point; Sometimes/ Maybe=2 points; No=3 points)

1. DO YOU HANG OUT WITH YOUR *BARKADA* MORE OFTEN THAN YOU STAY AT HOME?
YES [] SOMETIMES [] NO []

2. DO YOU OFTEN FIND YOURSELF, SOMETIMES SIMULTANEOUSLY, IN MULTIPLE RELATIONSHIPS?
YES [] SOMETIMES [] NO []

3. DO YOUR PARENTS VERY EASILY SWAY YOUR DECISIONS?
YES [] SOMETIMES [] NO []

4. DO YOU THINK YOU WILL BE UNABLE TO PROVIDE OBJECTIVE, EMOTIONAL SUPPORT TO A HORMONAL, IRRATIONAL PARTNER WHEN IT IS REQUIRED OF YOU?
YES [] SOMETIMES [] NO []

5. ARE YOU INCAPABLE OF RELINQUISHING THE ATTENTION YOUR PARTNER GIVES YOU ONCE THE BABY ARRIVES?
YES [] MAYBE [] NO []

6. DOES THE THOUGHT OF CHANGING DIRTY DIAPERS MAKE YOU SICK TO YOUR STOMACH?
YES [] MAYBE [] NO []



7. IS IT UNACCEPTABLE FOR YOU THAT YOUR PARTNER WILL LOSE SOME INTEREST IN SEX DURING THE PREGNANCY AND AFTER GIVING BIRTH?
YES [] MAYBE [] NO []

8. ARE YOU UNWILLING TO COMPROMISE SOME OF YOUR RELATIONSHIP IDEALS NOW THAT THERE'S A CHILD IN THE MIX?
YES [] SOMETIMES [] NO []

9. ARE YOU UNABLE TO BUCKLE DOWN AND PUT SOME OF YOUR HOBBIES AND INTERESTS ON INDEFINITE HOLD?
YES [] MAYBE [] NO []

10. DOES THE WHOLE IDEA OF PREGNANCY, CHILDBIRTH, AND RAISING A CHILD MAKE YOU ANXIOUS?
YES [] SOMETIMES [] NO []

EXPERT NOTES:
When it comes to parenthood and accepting change, it's all about tweaking your mindset to adapt to your new situation. Definitely, nights out with the boys will still happen, but with an early curfew so that you can take care of daddy duties. Your parents and in-laws are going to want to be more involved in your life now, too, so you have to be able to determine how much you want to let them in. And, perhaps the biggest thing of all: No more messing around with other women (if you're that kind of guy).

At times, you'll doubt your ability to be a good parent, but this is a good indication that you might actually be ready. "If you are questioning your readiness for [a] pregnancy and parenting, you are already ahead of the game," says Marie Hartwell-Walker, Ed.D., a psychologist, marriage and family counselor, and author of parenting e-book *Tending the Family Heart*. "Becoming a parent is serious business. If you birth or adopt a child to raise, your life is forever taken down a different path. [Becoming a parent] should be taken seriously."

If you and your partner already communicate well in your current relationship, expect it to take on a different dimension once she is pregnant, and when she gives birth. "Communication is key in keeping your relationship strong throughout parenthood. But you also have to learn how to compromise, for the sake of your relationship," stresses Randy Dellosa, M.D., Psy.D., a life coach, counselor, and wellness physician. "It's better, in a relationship, to have a lose-lose proposition than one where there is a victor and a loser. At least if you both compromise, you can both pick yourselves up and improve your shared situation."

This rule covers every part of your life as a parent: from your decisions with time outside the house, to your interaction with your parents and in-laws, and even to how you share new family duties with your partner. Step up your compromise game and always make sure to keep the communication lines open.

Figurative Immortality

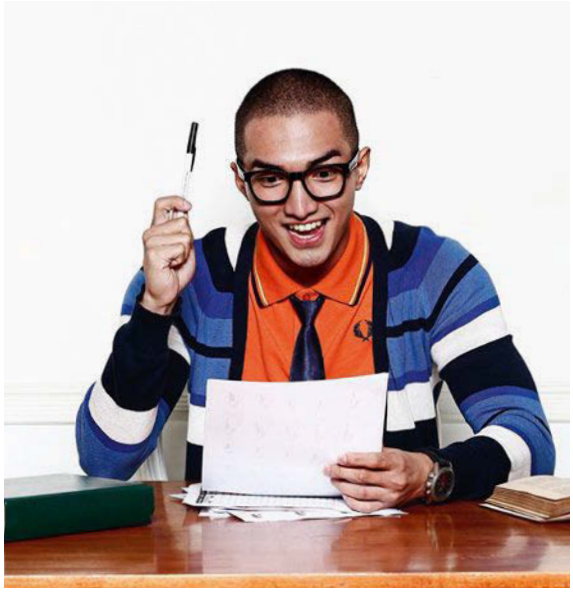
Aside from the all-around joy that a child brings to any family, men are able to satisfy a sense of psychological completion when they become fathers. "It is the fulfillment of your role as a procreating adult, as well as the continuation of your 'line,'" says Dellosa. "Children are proof of a man's personal sense of immortality—being able to see himself born into a new life." That said, the opposite can happen if a man can't have kids—a sense of "unfinished business" that can cause anxiety. "This is most especially true when the pressure of expectations regarding having children, most often from relatives, are not met," adds Dellosa.

Pro Tip for Happy Parenthood: Professional Counseling

If there's a neutral venue for you and your partner to bring out all your issues and differences as a couple, it's definitely in counseling with a registered professional. The immediate benefit is having someone on the outside looking in. "We don't see our relationships and ourselves objectively," remarks William Doherty, Ph.D., a professor of family social science at the University of Minnesota. "Most people are far more aware of how their partner is contributing to the problems than they are. When we can't 'fix' ourselves, sometimes we need a third party's perspective."



COMING IN CLUELESS
That's OK. Our folks were pretty clueless as first-time parents, too—and we turned out just fine!



FISCAL REPORT

(Answer each question and score yourself accordingly: Yes=1 point; Sometimes/ Maybe=2 points; No=3 points)

1. DO YOU PLACE A HIGH IMPORTANCE ON PERSONAL, "FEEL-GOOD" PURCHASES?
YES [] SOMETIMES [] NO []

2. DO YOU HAVE AN ERRATIC SOURCE OF INCOME?
YES [] SOMETIMES [] NO []

3. AS EARLY AS NOW, EVEN WITHOUT PARENTHOOD IN YOUR IMMEDIATE FUTURE, DO YOU FEEL THAT EXPENSE MANAGEMENT AND BUDGETING ARE UNNECESSARY CONVERSATION TOPICS?
YES [] SOMETIMES [] NO []

4. ARE YOU UNABLE TO SACRIFICE THE LIFESTYLE YOU WANT SO THAT YOU CAN GIVE YOUR CHILD THE LIFESTYLE SHE/HE NEEDS?
YES [] SOMETIMES [] NO []

5. IS THE CONCEPT OF "SAVING FOR A RAINY DAY" INCOMPREHENSIBLE FOR YOU?
YES [] SOMETIMES [] NO []

6. ARE YOU UNWILLING TO GIVE UP THAT BIG TRIP TO ICELAND TO SEE THE NORTHERN LIGHTS?
YES [] MAYBE [] NO []

7. DO YOU HAVE A LOT OF UNPAID ARREARS?
YES [] MAYBE [] NO []

8. DOES THE IDEA OF SHOPPING SPREES FOR YOU AND YOUR LOVED ONES EXCITE YOU?
YES [] SOMETIMES [] NO []

9. ARE YOU THE TYPE OF GUY WHO NEEDS TO HAVE ALL THE NEWEST GADGETS?
YES [] SOMETIMES [] NO []

10. DO YOU FIND A RETIREMENT FUND AND INVESTMENTS UNIMPORTANT?
YES [] SOMETIMES [] NO []

EXPERT NOTES:

It's not always fun thinking about having to spend a shit-ton of money. But that's exactly what happens when you have a kid. During pregnancy, you're in and out of the hospital, paying for the OB's consultation, lab fees, tests, and maternal supplements. During the birthing process itself, all your doctors will have fees. And there will be medicine bills galore, delivery-room and confinement charges, and expenses for your newborn's use of the nursery. After all that, you're gonna have to buy baby vitamins, all the baby gear in the world, and disposable diapers. And then the spending will continue with school tuition, lab fees, allowance, "expensive lessons" (like crashed cars), and more extra cash for your kid to "go out and hang with my friends."

"Becoming a parent is serious business. Your life is forever taken down a different path."

Gayle L. Reidmann, C.N.M., M.S., a certified nurse and midwife from West Suburban Midwife Associates in Illinois, says that a couple's financial status (along with careers, lifestyle, and marital relationship) affects the decision to have children, where a lack of preparation for parenthood is "largely left to personal experience." While "winging it" qualifies as an all-too-real option, it really is best to have a plan. And a good place



SIDE-BY-SIDE STUDIES
Your discovery of parenthood shouldn't be a solo-flight

CLOTHES FROM DESIGNED BY NOELLE MAXINE LEE.


BABY MAKING 101

to start is by talking financial strategy with your partner.

"My wife and I made a budget template based on our typical lifestyle without the figures, listing what we typically spend on, but without the amounts," shares Enrico Leyeza, financial strategic management head of the ComWorks Group of Companies. "Afterwards, we put amounts to see if what we receive in a month is more than what we spend." The Leyezas also have separate savings accounts. These are "Project Mile High" for travel, "Project First Home" for house construction and mortage, and another one for retirement and investment use.

You might notice that with a kid, you can't afford the lifestyle you want or currently have. But all it takes is a few budget adjustments—some sacrifices, naturally—for you to be able to stay committed to your financial goals, spend on the lifestyle you want, and still be able to provide for the comfortable upbringing of your child.

RESULTS

30-55 – Just enjoy yourself, man. There's really no rush. The time will come for you to have a kid, and in your case, we hope it doesn't happen soon. Besides, a new club just opened, and all the fine females have been flocking to it. Let's check it out tonight, then let's do the same thing tomorrow night. This life rocks!

56-70 – You have an idea of what it takes to raise a child, but you might still have some doubts about certain things: namely, your physical, financial, and emotional capabilities. You're almost there, sir. More quality conversations with your partner about parenthood, more healthy-living habits, and a better grasp of your finances are things you should develop to gain more confidence.

71-85 – You, sir, have what it takes to be a providing, emotionally stable father. You can somewhat anticipate the changes that will happen, and you will adapt your role according to the situation you find yourself in. And your sperm is probably super-strong and healthy, too. Go for it, and enter the next stage of your life as a man.

86 and above – Are you sure you don't already have kids? ■



COMMAND COMPROMISE
Play the long game: Take one step back, gain two steps forward



The Real Cost of Childbirth

To give you an idea of your expenses when the stork comes to town, here are the maternity packages for some of Manila's top hospitals

CARDINAL SANTOS MEDICAL CENTER
10 WILSON STREET, GREENHILLS WEST, SAN JUAN CITY
TEL. NO.: (02) 727-0001
NORMAL DELIVERY, SMALL PRIVATE ROOM WITH LOCAL ANESTHESIA – P26,000+
NORMAL DELIVERY, SMALL PRIVATE ROOM WITH EPIDURAL ANESTHESIA – P35,000+
CAESAREAN SECTION, SMALL PRIVATE ROOM – P38,500+
(RATES DO NOT INCLUDE DOCTORS' FEES.)

ST. LUKE'S MEDICAL CENTER – GLOBAL CITY
RIZAL DRIVE CORNER 32ND STREET, BONIFACIO GLOBAL CITY, TAGUIG
TEL. NO.: (02) 789-7700
NORMAL DELIVERY, REGULAR PRIVATE ROOM – P40,000 TO P60,000
CAESAREAN SECTION, REGULAR PRIVATE ROOM – P60,000 TO P90,000

PARAÑAQUE DOCTORS HOSPITAL
175 DOÑA SOLEDAD AVENUE, PARAÑAQUE CITY
TEL. NO.: (02) 776-0644
NORMAL DELIVERY, PRIVATE ROOM – P60,000 TO P80,000
CAESARIAN SECTION, PRIVATE ROOM – P80,000 TO P100,000

THE MEDICAL CITY
ORTIGAS AVENUE, PASIG CITY
TEL. NO.: (02) 988-1000, 988-7000, 635-6789
NORMAL DELIVERY, WARD – P56,853
CAESARIAN SECTION, WARD – P90,000

MAKATI MEDICAL CENTER
2 AMORSOLO STREET, LEGASPI VILLAGE, MAKATI CITY
TEL. NO.: (02) 888-8999
NORMAL DELIVERY, SMALL PRIVATE ROOM – P102,300
CAESARIAN SECTION, SMALL PRIVATE ROOM – P145,200



BUCKET WORTHY

FAST FOOD COM



ES CLEAN

WE AT MH ARE FIRM BELIEVERS THAT MAN DOES NOT LIVE ON CLEAN EATING ALONE. CHEAT DAYS ARE ESSENTIAL, AND IF YOU DO PARTAKE IN SOMETHING SINFUL, JUST MAKE SURE YOU DO THE NECESSARY WORK TO OFFSET IT. BUT YOU CAN ALSO BE SMART WHEN CHEATING ON YOUR DIET. HERE, WE OFFER YOU TWEAKS TO FOUR FAVORITE JUNK-FOOD STAPLES TO CURB YOUR CRAVINGS WITHOUT THE FEAR OF ADDING INCHES TO YOUR GUT

WORDS, RECIPES, AND FOOD STYLING BY ROSELLE MIRANDA
PHOTOGRAPHS BY DAKILA ANGELES

MEN'S HEALTH P. 58

GOOD GREASE

A NUTRITIONALLY FRIENDLY TAKE ON THIS CHEAT-DAY STAPLE

At the top of the cheat-day food list, you can be sure to find the greasy goodness of a big, juicy burger, with a side of fries. And when the burger comes loaded with crisp bacon slices and a cheesy sauce with mushrooms, it's kryptonite for the super health-buff man. Burger joints capitalize on this craving. But nutritionist Chris Everingham, B.N.&D, offers a counterattack—fill up your burger with veggies.

If you happen to be taking out from your favorite burger place, you can spruce up your meal at home. "To make it healthier, it should have a salad component, so add lettuce, tomato, cucumber, and even grated carrots," advises Everingham, adding that you should also pick a patty that packs real meat. "A steak, chicken, or lamb burger will curb your cravings for that burger taste."

While there's not much you can do about those deep-fried taters, you can still have a better version: Skip the fries from the fast-food joint, and make your own using sweet potato. Sweet potatoes pack more fiber than potatoes, have less calories, and contain more vitamin A, which is great news for your eyesight, according to Everingham. Here's a simple recipe you can try.

RECIPE 1

CAMOTE FRIES

YOU WILL NEED:

1 medium *camote*, peeled, cut into sticks

oil, as needed

salt to taste

Make it:
Heat enough oil in a deep pan over medium heat. Pan-fry the *camote* sticks until browned on all sides. Transfer to a dish lined with paper towels to remove the excess oil. Sprinkle with salt, and toss thoroughly. Serve while hot.

Pro tip: If the idea of eating fried makes you feel guilty, opt to bake your *camote*! Lightly coat it with oil and season with salt. Place in a single layer on a baking sheet, and bake in a 350°F oven until browned and softened.
Makes one serving

NUTRITION PUNCH

You get your protein fix from the beef while the veggies add a lot of extra fiber to your meal



Take the healthy cheating up a notch by using extra-lean ground beef

SWEET DISPOSITION

THE PINOY SPAGHETTI, FORTIFIED!

The sweetness of Filipino spaghetti is definitely unique and uniquely satisfying. But if you order it from your favorite fast-food joint, chances are it's packed with a lot of sugar, putting your appetite out of whack. The simple solution is to make the dish yourself so you know exactly what goes in and you can add nutritious ingredients.

Take your cue from Marivic Diaz-Lim, owner of Kitchen 1B. She advises that any dish you make, not just spaghetti, should contain "power ingredients" like almonds, ginger, tarragon, turmeric, and red bell peppers. These are all more nutritionally dense than the traditional toppings you add to your pasta dish.

Chef Gino Gonzalez, executive chef of Café Ysabel and instructor at the Center for Asian Culinary Studies, suggests using strong-flavored ingredients for tomato-based pasta sauces. These include olives, capers, or anchovies, to compensate for any lack of meat. Boost the benefits of your Pinoy spaghetti using the two strategies recommended by these restaurateurs.

HEALTHY SPAGHETTI

This pasta dish is sprinkled with tarragon, which when eaten regularly, helps neutralize the effects of free radicals in the body



RECIPE2

THE MH PINOY SPAGHETTI

YOU WILL NEED:

100 g dried spaghetti

2 tbsp olive oil

1 clove garlic, peeled and minced

½ cup ground beef (optional)

1 hotdog, sliced into rounds (optional)

1 slice ham, cut into squares (optional)

1 cup diced tomatoes

1-2 tbsp muscovado sugar

1 tbsp tarragon leaves, chopped

salt and ground black pepper, to taste

cheese, grated, to taste (optional)

Make it:

Bring a pot of water to a boil, then sprinkle in about two tablespoons of salt. Add spaghetti and cook until al dente, around eight minutes. Drain and set aside.

For the sauce, warm the olive oil in a sauté pan over medium heat. Sauté the garlic until it gets a bit soft. Add the ground beef followed by the hotdog and ham, and sauté until cooked through. Add the tomatoes and sugar; stir. Bring to a boil, then simmer for five minutes. Add the tarragon leaves and season with salt and ground black pepper. Toss in the cooked spaghetti noodles. Top with cheese and serve while hot.

Makes two servings

Since you'll use muscovado sugar, you'll still get the sweet taste minus the bad effects of consuming too much white sugar

MAKE YOUR OWN BUCKET

WITH THESE TWEAKS, YOU CAN SAY YES TO THE CALL OF FRIED CHICKEN

Fried chicken is just plain delicious, and we understand the struggle if you end up getting yourself some when you crave it. In fact, we know you probably save the crispy skin for last. But to indulge your craving without the guilt, Everingham recommends skipping the skin and opting for the breast parts because these are leaner than the thigh or leg portions. But if you still can't do that, cooking your own fried chicken is your best option.

Nothing beats good, homemade fried chicken, and with a few tweaks, it can be delicious without destroying your diet. Gonzalez recommends using a turbo broiler or an air fryer, but if you don't have that, an oven will work just as well. Pair the chicken with a green salad with vinaigrette if carbs are off-limits.



Just as good as your favorite fried chicken but a little less oily. Talk about a cheat day win!

RECIPE 3

LEAN AND MEAN FRIED CHICKEN

YOU WILL NEED:

1 cup fresh milk

1 tbsp lemon juice

1.2 kg chicken, cut into 8 pieces (skin optional)

1 cup all-purpose flour
salt and ground pepper, to taste

cayenne pepper, to taste

oil, for frying

Make it:
In a large bowl, pour in the milk and lemon juice. Add the chicken pieces. Set aside for at least 20 minutes. In a shallow bowl, whisk together the flour, salt, pepper, and cayenne pepper. Adjust seasoning as needed. Pour enough oil into a deep pot for deep-frying the chicken. Preheat the oven to 150ºF. Line a baking tray with parchment paper and set aside.

Remove a piece of chicken from the milk marinade, letting any excess marinade drip off. Dredge in the flour mixture, pressing as much flour into the chicken as possible. Shake off the excess. Repeat the process with the remaining chicken pieces. Deep-fry the chicken pieces until browned on all sides. Place the cooked meat on the baking tray, and put in the oven to keep warm until ready to serve. This process also lets any oil that may have soaked into the chicken to leak out.)

Makes four servings

RECIPE 4

CHICKEN PEPPER GRAVY

YOU WILL NEED:

1 tbsp canola oil

½ chicken bouillon cube

½ tsp ground black pepper

1 tbsp all-purpose flour

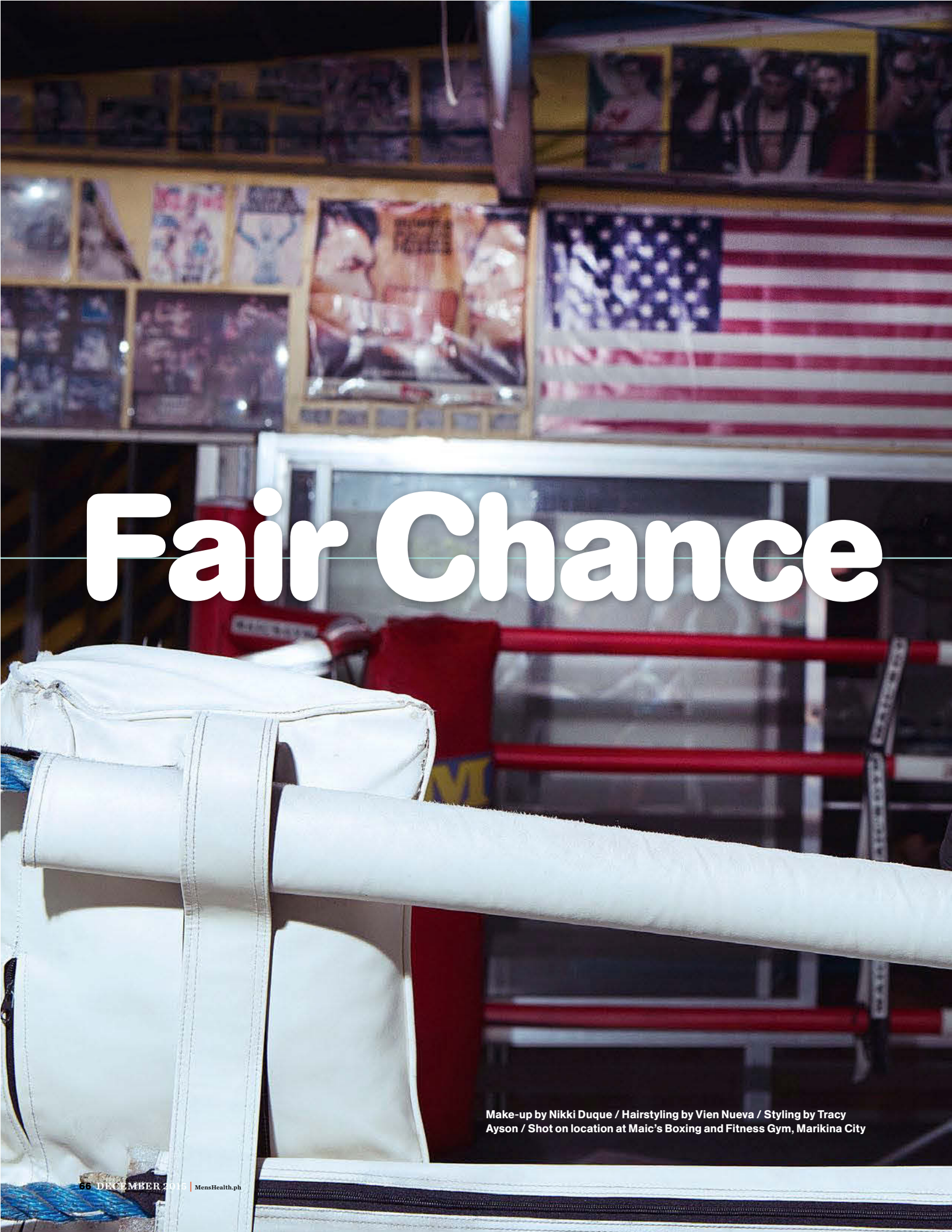
1 cup low-fat milk

Make it:
Warm the oil in a saucepan over low heat. Melt the bouillon cube into the oil. Stir in the black pepper, then flour. Gradually pour in the milk and whisk quickly to prevent lumps. Bring to a simmer and cook until thickened.
Serve with the chicken while hot.

GOOD CHOOK

Two pieces of chicken contain 2/3 of your RDA of niacin, which boosts the release of energy from the rest of the food you eat

Fair Chance



Make-up by Nikki Duque / Hairstyling by Vien Nueva / Styling by Tracy Ayson / Shot on location at Maic's Boxing and Fitness Gym, Marikina City



ANDREA TORRES REVEALS THE QUALITIES THAT CAN MAKE ANY WOMAN NOTICE YOU

By Paulo Aguilera

Photographs by Heidi and Melvene Aquende



COMPLIMENT WHAT SHE DOES
A friendly apporach and conversation is your best ice breaker, says Torres

Andrea Torres doesn't mind being called old-fashioned.

Granted, it seems contradictory to her fashion sense, as evidenced by her sexy Instagram posts. And she has shed her old teenybopper image by posing for an *FHM* cover, tackling sexier on-screen roles in *Ang Lihim ni Annasandra* and *Pari 'Koy*, and starring in her own gravure book, *Road Trip*.

Torres's predilection for the old-school applies to matters of the heart. When it comes to dating and courtship, the 25-year-old actress admits she's a sucker for handwritten love letters and cheesy *harana*. "Okay *sa akin yung nagpupunta pa rin yung lalaki sa bahay namin*. Okay *din sa 'kin yung pinagbubuksan pa rin ako ng pinto—sobrang na-a*-appreciate *ko yung mga ganung bagay*," she shares.

A self-confessed hopeless romantic, Torres says women appreciate being wooed, and the first step to any kind of courtship is to ace your approach. Despite her being in the limelight, she says any simple guy can catch her eye, provided you play your cards right. "*Kahit sino naman, pag sa tingin mo* okay [*at*] *swak naman kayo, pwede mong pagkatiwalaan*, why not?" she reasons.

The right approach includes paying women the right compliment, especially if you're meeting her for the first time. But whatever you do and no matter how valid, don't say anything about her body. Lines like "*ang* sexy *mo o* nice ass—*ayoko ng ganun kasi naiilang ako. Nakakatakot*, feeling *mo chine*-check out *ka*," Torres warns. "*Mas maganda* that you say something nice that won't make her feel uneasy. Something that makes her think you're friendly and harmless."

FIRST DATE WIN

ASKING SOMEONE LIKE ANDREA TORRES OUT ENTAILS A TON OF CONFIDENCE. BUT IF EVER SHE SAYS YES, DO YOU HAVE AN IDEA WHAT TO DO NEXT? SHE SHARES SOME DATING DO'S AND DON'TS

Be prepared
Give yourself a pat on the back—she said yes to a date. But don't stay on that high. Be a man with the plan. "*Pag nagyaya kang mag* date, *maganda yung may* plan *ka. Gusto ko nakikita na* in control *ang* guy." says Torres. Make sure you choose a restaurant or activity she'll be interested in. Oh, and being prepared means being ready to foot the bill. "*Lalo na kapag* first date, *dapat ikaw muna*," Torres stresses.

Start and end by giving her a ride
Even if you don't have your own car, find a way to pick her up and drop her off. It shows her your sincerity. "Unless *sabihin ko na hindi ako* comfortable, *mas gusto ko yun*," notes Torres. "*Ayoko yung dun tayo mismo magkikita kung saan tayo magde*-date." Think of it this way: It's extended time to talk and get to know each other. Wouldn't you like that?

Watch yourself
While being yourself is of utmost importance, know that she's observing you, too. Always behave the way you want her to perceive you. This includes your behavior toward the wait staff and other people. "It says a lot about the person *kapag hindi siya magalang sa mga* waiter," Torres remarks. "*Medyo tinitingnan ko yun. Kapag masyado siyang nangmamata ng mga tao*, big deal *sa akin yung ganun*."

CLOTHES FROM (OPENING SPREAD) ADIDAS AT RUNNR.(TOP LEFT) LORNA JANE AT CERTIFIED CALM. (TOP RIGHT) TONIC SPORTS BRA AND CASALL SHORTS FROM AURA ATHLETICA. JACKET FROM CERTIFIED CALM.





QUICK FIX
If you're as busy as Torres, you can boost your cardio in minutes with a simple jump rope routine



"EVENTUALLY, KAPAG MERON KANG MGA GINAGAWA NA HINDI MO KAYANG PANINDIGAN O HINDI CONSISTENT, NEGATIVE YUN FOR ME"

Once a lady like Torres warms up to you, you can finally ask her out on a date. She likes to keep things simple. "*Kain lang sa labas* or *siguro* movies. Coffee after, *para mas mahaba kayong magkasama. Iba pa yung* dinner, *iba pa yung* dessert place," she says with a laugh. And make sure to keep the conversation flowing: "*Kilalanin mo siya, makipagkwentuhan ka. Maganda rin yung* one-on-one conversation *lang talaga kayo*."

While she expects to be wooed in an old-school manner, Torres believes you should show who you really are right away. Putting your best foot forward only raises red flags. "*Naniniwala kasi ako na* if it's too good to be true, it's not," she points out. "So *gusto ko kapag nag-*date *tayo, parang hindi ka puro pa-*impress." She wants to experience a man's true personality, stressing that she is a keen observer: "Eventually, *kapag meron kang mga ginagawa na hindi mo kayang panindigan o hindi* consistent, negative *yun* for me."

Even if a woman agrees to go out with you on dates, you still have to temper your expectations. Once you're comfortable with each other, you have to work on figuring out where you're both coming from. Torres is currently single and she believes it's vital for men to understand her priorities. "Yes, I'm open to dating, but not relationships. *Parang* work *din kasi yun eh*. Feeling *ko kapag nasa* relationship *ka, kung paano mo mina-*manage *yung trabaho mo, ganun din. Kailangan bigyan mo ng* time and effort," she quips.

Understanding a woman's priorities allows you to stay at her pace. If you're not in a hurry and she fancies you just as much, she will find ways to make it work even if there are things that take much of her time. "Eventually, *hindi naman pwedeng halimbawa gusto ko nang magkaroon ng* love life, *magsa-*stop *na akong mag-*work. *Kaya naman, pero may* right time *talaga* for that," she explains. ■





MEN'S HEALTH DECEMBER 2015 / P.70

Is Your Manhood In Trouble?

Low testosterone is an emerging problem for men worldwide. But is it time to pop pills for it as you age?

Grab your balls and read on

BY TONI ANTIPORDA AND PAUL JOHN SCOTT

PHOTOGRAPHS BY CLAIRE BENOIST

TESTOSTERONE MAKETH MAN.

After all, it is the hormone that distinguishes you from the female species. So what becomes of a man who's running low on—or worse, devoid of—testosterone? Eric Alvarez,* a 31-year-old emergency room doctor born with a testosterone deficiency, knows the effects very well.

"I first noticed it in high school. All of my male classmates were already growing facial hair, had deep voices, and had acne," Alvarez recalls. "I, on the other hand, didn't have any pimples and had the voice of a Viennese choirboy without the musical talent—it was really high-pitched." Tests have shown that his body wasn't producing testosterone at all, and his endocrinologist from the Philippine General Hospital advised him to get testosterone injections.

Alvarez's puberty kicked in after he started taking the testosterone conduit Nevido when he was already 28 years old. "Acne doesn't look good in your late 20s," he quips. Aggression, which was absent throughout his teens, came out, too: "Before, I was very cautious, and I couldn't be depended on for intimidation. Now, I've developed this 'high risk, high reward' behavior, and I found that there are certain areas in life where I really need that." Despite being a heavy eater, he also lost all his baby fat and developed more defined muscles, all thanks to Nevido, which he injects once every three or four months.

But being a doctor, Alvarez is well aware that not everyone who takes these testosterone injections has the same condition as he does. "I've encountered gym junkies who subscribe to it. Protein shakes and exercise can only get them so far; they needed something else to buff up." It's this drug-enhanced, if not drug-dependent, lifestyle that has gotten hormone injections some flak in the United States, bringing into question whether it's a medical marvel or simply a marketing miracle.

MOST SYMPTOMS THAT DRIVE MEN TO TESTOSTERONE THERAPY ARE OFTEN SUBJECTIVE, AND CAN EASILY

HOT FOR HORMONES

Hormone replacement therapy (HRT) remains to be a controversial subject, notes Ivy Amante, M.D., head of endocrinology at the Asian Hospital and Medical Center. Within the local and international medical community, controversy surrounding testosterone replacement therapy (TRT) arises in part due to conflicting literature and studies about the treatment and its side effects.

Another complication is that demand for HRT exists not just for purely medical reasons (as in Alvarez's case), but also for lifestyle choices. For example, transgender individuals who just underwent sexual reassignment surgery would also need HRT, preferably with the guidance of a medical professional, during the course of their transition.

Add to that the fact that there are men and women who seek HRT just to reverse the signs of aging and win back some of their youth. Most symptoms that drive men to testosterone therapy are often subjective, and can easily resemble the symptoms of normal aging, depression, poor sleep, or bad choices at the food trough, and this only serves to complicate the debate. Also not helping: Men's hormone levels are in a historic, culture-wide decline, under assault from a steady increase of obesity, painkiller abuse, food toxins, and estrogen-mimicking compounds in water and soil.

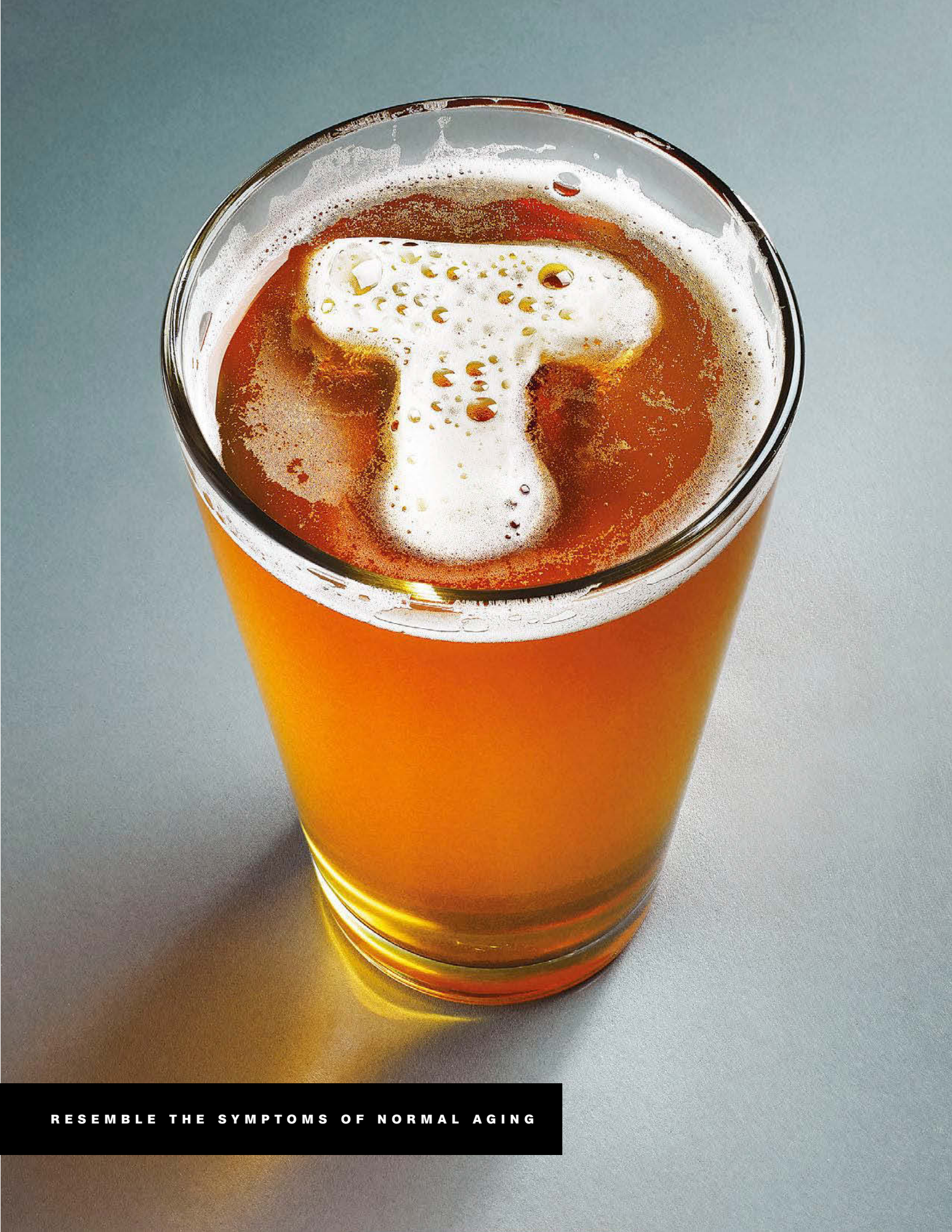
LOW T ON TAP
Drinking as little as 16 ounces of beer a day can tamp down a man's testosterone.

THE HIGHS AND LOWS OF T

Dr. Amante notes that declining hormone levels is a normal part of the aging process. And while low testosterone levels should not be cause for much alarm in aging males, it proves to have an effect on their quality of life. Testosterone deficiency brought about by male hypogonadism (lack of testosterone, aka andropause or, worse, "male menopause") isn't helping middle-aged men everywhere sleep better at night.

A man is considered to be at his prime around the age of 18, when testosterone production and secretion is at its peak. It will remain high up until you turn 30, and will usually decline by 1 to 3 percent every year thereafter. Testosterone level that's below 300 ng/dl (nanograms per deciliter) is considered below normal, and a decline beyond this range can produce muscle wasting as well as reduced strength and sexual libido—especially for men who don't regularly

* Not his real name. Special effects makeup: Jane Choi/Stockland Martel; food styling: Karen Evans/Apostrophe; illustrations by ANDREA MANZATI



RESEMBLE THE SYMPTOMS OF NORMAL AGING

THE DECLINE IN TESTOSTERONE IS REAL. AVERAGE T LEVELS AMONG MEN



STOP THE T THIEVES

Three ways to fight flagging testosterone

Buy Broccoli

Cruciferous vegetables, such as brussels sprouts and broccoli, give you a dose of indole-3-carbinol (I3C). This compound suppresses estrogen production and helps fight T-depleting fat, says John La Puma, M.D. Steam 'em instead of boiling; the I3C will leach into the cooking water.

Ditch Dirty H_2O

Your local water authority tests for the weed killer atrazine, but even "safe" levels may not be: It's been linked to reduced T in animal studies. Use a water filter if you're still getting your drinking water from your tap.

Conk Out Early

Men who sleep less than five hours a night have lower levels of testosterone, says Dr. La Puma. Your body churns out the hormone while you snooze, so sacrificing sack time means those T factories won't hit their quotas. Aim for at least six hours a night, Dr. La Puma says. —Lila Battis

exercise. Low testosterone has also been linked to diabetes, hypertension, and obesity due to increased visceral fat, lower bone density, and mood disturbances.

TRT is currently approved locally for the treatment of male hypogonadism caused specifically by a problem with the testicles or with certain parts of the brain—the pituitary gland and hypothalamus—that control the gonads. You might inherit this, or it could be caused by injury or conditions such as a brain tumor or an undescended testicle. Men with these types of hypogonadism have extremely low blood testosterone and experience symptoms like enlarged breasts, hairlessness, loss of muscle mass, low libido, and bones that break easily.

Prior to getting a prescription for a testosterone conduit, Alvarez underwent multiple diagnostic tests that checked for the presence of tumors. "When I had my tests done, we found that there weren't any tumors interfering," he remembers. "Usually, the first thing they think of is it's caused by a tumor, so they try to see if all the parts are there and if there are no tumors that are producing things that are canceling out the production of testosterone."

Testosterone supplements to battle a diminished sex drive are also deemed unnecessary if your testosterone level is normal relative to your age. Besides, there's Viagra, Cialis, Levitra, and other sex-drive boosters for that already. The prolactin serum level can also be checked to ensure that the diminished sex drive is actually brought on by low testosterone levels rather than a brain or endocrine system malfunction.

On the other end of the spectrum, there are men who need to lower their testosterone levels as part of a medical treatment. Alejandro Pe, a 62-year-old business executive who has had prostate cancer, is taking estrogen to counter his testosterone production. "The aim is to lower the testosterone level and increase estrogen, because the testosterone feeds the cancer," he explains, adding that his history of stroke has ruled out the possibility of undergoing surgery. "Radiation [radiotherapy] with hormone therapy was the safer option for me."

Despite HRT's emergence overseas, it still isn't a go-to treatment here unless utterly necessary. The Philippine Society for the Study of the Aging Male, an affiliate of the International Society for the Study of the Aging Male, has pointed out that low testosterone in aging males is fast becoming a major global health concern, linking it with other issues such as prostate cancer, benign prostatic hypertrophy, and heart disease. However, as revealed in its Philippine Male Aging Survey, while 89 percent of the participating doctors agree that "andropause can affect the quality of a man's life," only 38 percent have actually prescribed or instituted any form of treatment for it.

THE GOOD, THE BAD, AND THE UGLY

Hormones are chemical messengers that tell our bodies what to do, but only some of their messages are a matter of life and death. Metabolic hormones turn energy into fuel. Stress hormones protect you in a crisis. Testosterone builds muscle and bone, but it mostly works with your wants, not your needs. Of course, low testosterone doesn't have to be deadly to deserve our attention.

In March, the US Food and Drug Administration announced that it had asked drug makers to add warnings of increased heart attack and stroke risk to the labels of testosterone-replacement products. But in February, a large review of the literature concluded that the research indicting testosterone replacement as a heart risk is vastly outgunned by the research showing that it helps. Confusing, isn't it? Which is probably why most doctors are still on the fence about prescribing testosterone treatment for aging males.

Philip Chua, M.D., F.A.C.S, F.P.C.S., former chairman of cardiac surgery at the Cebu Cardiovascular Center of Cebu Doctors' University Hospital, is one of the doctors who warns against it, especially without a physician's guidance. He cites the high risk of developing heart problems, high blood pressure, heart failure, and heart attacks as a result of using testosterone supplements. He also names high cholesterol, blood clotting problems, and sleep apnea as observable side effects after prolonged used.

Increasing your testosterone can thicken your blood and lower your good HDL cholesterol, both of which increase your odds of getting heart disease. Researchers first began to learn of testosterone's link to cardiovascular risk between 2005 and 2009, when a team in Boston, Massachusetts, set out to determine if frail older men became more mobile after having their man juice jacked up. The study, published in *The New England Journal of Medicine*, noted that the added testosterone made the

OVER AGE 45 HAVE DROPPED

20 PERCENT

IN JUST A FEW DECADES

men stronger when climbing stairs and doing leg and chest presses. But the trial was halted because 23 of the 106 participants developed cardiovascular problems, versus only five of the 103 men who'd been using a placebo gel.

By April 2013, researchers writing in BMC Medicine had sorted through thousands of results in 27 clinical trials, and also determined that the risk of cardiovascular events went up for men on testosterone. Then, in November 2013, researchers for Colorado's Veterans Affairs system wrote in the *Journal of the American Medical Association* that they had analyzed the data from 8,000 men with low testosterone who had gotten an angiogram before going on the hormone. Three years after starting, 26 percent of the men on testosterone had either experienced a new cardiovascular event or died, versus only 20 percent of the men who didn't take testosterone.

"There were 14 studies between 2006 and 2013 associating low testosterone with increased cardiovascular events," says Martin Miner, M.D., co-director of the Men's Health Center at Miriam Hospital in Providence, Rhode Island. "Just because heart disease is associated with low testosterone doesn't mean it was caused by it." This confusion is why many of the hormone experts in the United States specifically recommend against screening for low testosterone—they just can't say whether low testosterone is an important health problem or not.

OVER (AND UNDER) THE COUNTER

Alvarez recognizes that the United States does have a problem with testosterone and steroid abuse. "It's just one aspect of their drug-enhanced life," he acnowledges. The potential of testosterone supplement abuse is also imminent in the Philippines, especially since it's not as regulated as, say, anti-cancer treatment and antibiotics. "It's just that most people aren't aware yet that you can actually get it over the counter even without a prescription," he reveals. Another risk, Alvarez adds, are the testosterone supplements made by "questionable" pharmaceutical companies: "They sometimes issue veterinary-grade testosterone—horse testosterone—which is intended for animals."

Supplements come in different forms, the most familiar of which are pills and tablets. Clomiphene citrate, which blocks estrogen and promotes the production of testosterone, has gained a following because it's cheaper and easier to take than injections and gels. (Also, it does not shrink the testes, as other TRT methods are wont to do.) However, clomiphene citrate is not FDA-approved and is often prescribed off-label, although it is now a generic medication in most markets.

Injections are considered safe for most patients, and an injection in the muscle—especially a deep muscle, such as the gluteus maximus, shares Alvarez—ensures direct delivery of testosterone into the bloodstream. Nevido, the testosterone conduit he uses, comes in 4-milliliter injections and could cost up to P10,000 per shot. There are also patches, gels, and pellets that can be used in a variety of ways depending on your specific problem.

But even if it's available in all shapes and sizes, testosterone supplements shouldn't be the first option for men looking for a little boost. "If you don't have an actual medical condition [that calls for testosterone treatment], it's better if you don't resort to drug enhancements," urges Alvarez. "If it's just the normal, natural effects of old age, if it can be fixed by a proper diet and exercise, why not try that first?"

LIFESTYLE CHANGES

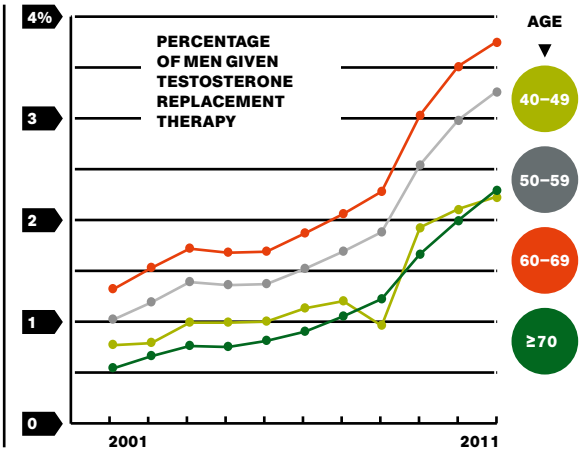
John La Puma, M.D., is a critic of using TRT without a diagnosis for male hypogonadism. The California-based internist and author of *Refuel: A 24-Day Eating Plan to Shed Fat, Boost Testosterone and Pump Up Strength and Stamina* wrote a widely shared op-ed arguing that low testosterone was a pharmaceutical-industry-generated sickness. But he readily acknowledges that the decline in testosterone is real. He says it's the causes of low testosterone that we should be talking about and correcting.

"Men's testosterone levels are dropping," confirms Dr. La Puma, who cites a 2007 *Journal of Clinical Endocrinology and Metabolism* study showing that the

~~HOW TO MARKET A MIRACLE~~

Drugmakers are selling youth, and we're buying

When University of Texas researchers reviewed a decade of TRT prescribing rates, they saw the impact of a looser definition of low T. But men in their 40s got an extra push. "The increase in use among younger men coincided with a rise in direct-to-consumer marketing," says study author Jacques Baillargeon, Ph.D.







THREE OUT OF FOUR MEN WHO HAVE LOW TESTOSTERONE ARE OVERWEIGHT

average testosterone levels in men over age 45 were 501 ng/dl in the late '80s, 435 ng/dl in the mid-'90s, and 391 ng/dl in the early 2000s. "That's down 20 percent in a few decades' time. I think what's not recognized is how lifestyle affects testosterone levels."

Alcohol intake, for one, lowers testosterone. So do steroids and stress. And there are testosterone-diminishing elements in the environment that need to be considered. A study in the journal *Fertility and Sterility* found a specific association between exposure to phthalates (a group of chemical compounds widely used in soft plastics) and male infertility. These so-called endocrine disruptors can invade your system every time you heat up food in microwaveable plastic containers, plates, or wraps. "They transfer into hot, oily foods and change the way hormones work in the body," explains Dr. La Puma.

Still, the smart money says the primary cause is in front of our eyes, and down about 18 inches. "I think it's pretty clear that men gain weight in the belly," notes Dr. La Puma. "We tend to overeat starchy, sugary foods because they're handy, quick, cheap, and available. Those foods are incredibly efficient at making men obese." Men's belly fat cells convert their testosterone into estrogen, he adds, and can make testosterone plummet.

Dr. Miner agrees: "Testosterone without exercise and diet or lifestyle change is of very little value." Treating obesity could entail showing men the biology behind their bellies and how it influences their testosterone; the rest might just come down to needing an expert ear.

"Small changes can make a big difference when guys learn how their bodies work," stresses Dr. La Puma. "If you tell guys the reason their testosterone is dropping is their belly fat cells, they go, 'Really?' Then if you tell them that their belly is not just a spare tire but an active endocrine organ, men like to know that. We like to know how stuff works. It helps to know that their belly fat is breaking them, that it's a fixable problem."

Specifically: It's fixable without turning to a shot of testosterone. ■

BEEF UP
A high-protein diet, fortified with iron from the gym, can give your T a drug-free assist.



TESTOSTERONE, BY THE NUMBERS

Depending on who you ask, your T may be A-OK or in the basement

For years, the official threshold for triggering testosterone replacement in men ages 50 and older hovered around 200 to 230 nanograms per deciliter (ng/dl). Today, guidelines from the Endocrine Society recommend that doctors use whatever cutoffs their labs suggest to ID men who need TRT; these range from 300 to as high as 350 ng/dl.

Where did these new numbers come from? They're arbitrary, says Victor Montori, M.D., of the Mayo Clinic. He was on the panel that wrote the guidelines and is critical of how they turned out. "These values are chosen by laboratories without connection with prognosis or response to treatment. They [the other panel members] took a continuous variable, and they drew a line here and here," he says, chopping his hand at two points on an imaginary continuum. "By the new reasoning, 25 percent of men will have hypogonadism." His advice to guys: Don't rely on the guidelines. "We need a level below which treatment is associated with patient benefits. Unfortunately, that level has not yet been determined." — P.J.S.

THE TECH TAKEOVER



SAMSUNG GEAR S2
(P13,490, SAMSUNG)

Though technically a smart watch, the Gear S2 ably crosses into fitness territory by being able to track your steps and monitor your heart rate, all via the free-to-download Samsung S Health app from the Google Play Store. While you pound the treadmill or hit the weight room, get live updates from your Android phone right on your wrist, without having to break momentum as you push for that last rep.

Great gear will make you spend for it. But with the right picks, you can save money, beat stress, and ace each part of your busy day. Consider the 2015 MH Gadget Guide your investment strategy to a better you

By ENRICO MIGUEL T. SUBIDO
Photographs by DAIRY DARILAG
Styling by Sancho Bernardo /
Makeup by Ken Azuela /
Model: Hye Won Jang

WE ALL DON'T THINK ALIKE, BUT many of us men are wired in a similar way. To illustrate: We split life up into segments, and compartmentalize things further into little mental "boxes"—one for work, one for play, one for family, one for friends. There's even a "nothing" box, as Mark Gungor, a relationships and personality expert, and author of *Laugh Your Way to a Better Marriage*, interprets a 2008 University of Pennsylvania study about our neural wiring: "Men have the ability to think about absolutely nothing, and still breathe. And it drives women crazy, because nothing drives them more crazy or irritated than to witness a man doing nothing."

In the same vein, we have a box for our daily routines. Within that, we've arranged things even more specifically. It's just easier that way, especially when faced with the challenge of making the most of the 24 hours each day gives us. Thankfully, we have modern gizmos to help us go through our daily grind more efficiently. And we've come up with this edition of the *Men's Health* Gadget Guide to give you an informed look at device options that can positively affect each part of your day. Check out these tech must-haves and get one step closer to becoming *#YouImproved*.

SWEAT TECH

Adopt a techie approach to your fitness plan for a better chance at making bigger gains. Of course, even the latest gadgets don't guarantee results if you don't do your part, aka hit the gym and work. But they can steer you in the right direction so that you reach your fitness goals efficiently and have some fun along the way, too.



POLAR BOTTLE BLUE
(P649, TOBY'S ARENA)

Okay, so you might be wondering what a water bottle is doing on this list. This, sir, is no ordinary tumbler. Blue by Polar Bottle keeps your drink nice and ice-cold for over an hour—exactly what you need after a particularly hot sweat session. BPA-free and made with only the highest-grade plastics, it's also non-toxic and germ-resistant.



GARMIN FENIX 3 GREY
(P19,964, LAZADA.PH)

This timepiece is for the truly stat-driven guy. Aside from being your regular GPS watch that measures pace, cadence, heart rate, and elevation, it can also track ground contact time, vertical oscillation, running stride length, swimming strokes per minute, and average body temperature. It's a legit swim-bike-run device. The Fenix 3 excels in both indoor and outdoor training situations, and is your scientific key to maximizing your fitness routine.



JABRA SPORT PULSE
(P11,995, THE LANDMARK)

You need to be able to concentrate while training and not be bothered by notifications from your phone. Rock these sweat-, shock-, and dust-proof cans for hands-free connectivity and excellent sound quality. Because the Pulse is lightweight, you'll barely notice it, translating to better focus as you reach for your next PR.



SONY SMART-B TRAINER
(P12,999, ANSON'S)

The Smart-B Trainer is loaded with fitness features: in-ear pace, speed, distance, and heart-rate updates; and elapsed time notifications. It's also a music player and wireless, set by means of Bluetooth. Plus, you can submerge it in water and swim while getting updates on your workout and listening to music at the same time. Awesome stuff all around.

RUN LESS, RUN FASTER

Running shouldn't be a long, dreary slog. In fact, according to Danish scientists, you can improve your speed by doing this instead of your usual run: After a warm-up, jog 30 seconds, run 20 seconds, and sprint 10 seconds. That's 1 circuit. Do the circuit 5 times, then walk for two minutes. Repeat the whole seven-minute set three or four times.



APPLE IPOD TOUCH 32GB
(P15,590, ANSON'S)

While primarily known as a music player, you can also load the iPod Touch with apps that will help you pass time when you're stuck in gridlock traffic. And when that doesn't work, switch to the camera app, take a photo of some on-road tomfoolery, and share on the *Top Gear Philippines* Facebook page.

CAGE YOUR RAGE

Drive angry and others may pay. In simulation tests, peeved drivers failed to spot road hazards, and they took up to three times as long to react to pedestrians as when they were calm, Irish researchers found. The fix: Act like an animal and you won't drive like one, says psychologist Leon James, Ph.D., coauthor of *Road Rage and Aggressive Driving: Steering Clear of Highway Warfare*. Meow, bark, quack—any animal sound will work. PS: Stop when you're calm, okay?

QUALITY CANS
Listen in style and keep up with the beat of the street



AUDIO TECHNICA STREET MONITORING ATH-S500
(P2,999, ANSON'S)

Drown out unwanted noise with loud and clear bass, delivered from 40-millimeter drivers. The swivel design on these babies makes them easy to store, while the one-sided cable design minimizes tangling and snagging. They're available in a range of funky colors, too, so you can handpick a pair to suit your personal style.



JABRA STYLE
(P2,950, THE LANDMARK)

It's best to have both hands on the wheel while driving, or on top of your things during the commute to safeguard them. Take calls and get updates from your phone without having to take it out of your bag or pocket using this slim and compact Bluetooth headset. In-ear audio clarity is crystal-clear, and as far as looks go, this Jabra's off the hook.



ASUS ZEN POWER
(P995, ELECTROWORLD)

On the road, you have limited options for extra juice. Gear up with the Zen Power power bank, with 10,050 mAh for multiple charges. Weighing only 215 grams and being the size of a credit card, it's easy to stash in any bag during transit.

ROAD WARRIOR

Gear up with these essentials and make the trip to work more enjoyable. Because, brother, you need to keep yourself entertained despite all the traffic woes this time of year. Keep your gadget game strong while in transit, reel in the positive vibes, and psych yourself up for the day ahead.



DRIFT
(P20,000, *@DRIFTPH* ON INSTAGRAM; +63906 380-3888)

Give new meaning to the phrase "walking distance" with the Drift self-balancing personal carrier. With a little balancing practice, you can travel on a single charge for up to 20km, at a maximum speed of 10 kilometers per hour. That might sound slow to you, but that's probably faster than rush-hour traffic along EDSA on a really bad day. You don't have to worry about gas and parking fees, either!





PIONEER HDJ-1000
(P7,990, PIONEER)

Quiet moments at home need not be quiet per se. Lock into hi-def sound with these DJ-quality domes, and enjoy your favorite tunes without bugging anyone. A comfy head strap and swivel design make them easy to pop off when someone's talking to you, and memory foam pads ensure you get a comfy fit while listening to audio from its 50-millimeter drivers.



SONY PLAYSTATION 4 COD EDITION
(P24,800, ANSON'S)

Gran Turismo 7. Street Fighter V. Tekken. Uncharted 4. Final Fantasy XV. These are five very good, very exclusive, reasons to get a PS4. Imagine all the fun you and the homies can have. Or imagine all the fun you can have, even without them. And when you aren't playing games, pop in a Blu-ray movie and revel in ultra-high-quality video.

SONY BRAVIA ANDROID TV KD-75X9400C
(P477,779/12 MONTHS AT ZERO-PERCENT INTEREST, ANSON'S)

Good gracious, this TV is huge—and beautiful. A 75-inch LED screen with 4K video technology means you'll get the clearest pictures on the planet, and you'll practically be able to touch what you're watching. You'll get extra hungry watching cooking shows, and might even fall off the sofa druing a rollercoaster scene. And you'll also be immeresed in the awesome sound pumping form the unit's stock speakers. The Bravia's efficient diode system also helps lessen the hit on your electricity bill. Plus, it's an Android TV so it can connect to the Net for a browsing experience like no other. You can definitely live out your dream of updating your Facebook status on a humongous TV screen.

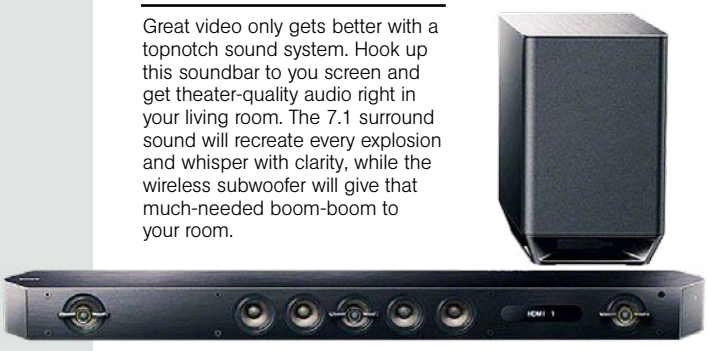


HOME IMPROVEMENTS

After a long day, there's nothing quite like surrounding yourself with lifestyle tech that's specifically made for your downtime. Kick your feet up for some well-deserved R&R, because getting good rest positively affects how hard you can go the following day. Chill out now and do everything better come sun-up.

SONY HT-ST9 PREMIUM SOUNDBAR
(P39,999/12 MONTHS AT ZERO-PERCENT INTEREST, ANSON'S)

Great video only gets better with a topnotch sound system. Hook up this soundbar to you screen and get theater-quality audio right in your living room. The 7.1 surround sound will recreate every explosion and whisper with clarity, while the wireless subwoofer will give that much-needed boom-boom to your room.



GET OUTSIDE GAINS

As much as staying indoors and getting sucked into a YouTube vortex sounds like an awesome plan, going outdoors has its perks. According to a study from the Harvard Medical School, it raises your vitamin D levels, which can help fight certain conditions such as osteoporosis, depression, and heart attacks.



BOSE SOUNDLINK III
(P19,000, ANSON'S)

Though it's barely the size of a tissue box and weighs in at only three pounds, the SoundLink III is definitely no lightweight, and defintely can get loud enough to fill your den with your favorite tunes. Offering crisp bass and clear highs, this Bluetooth speaker is proof that wireless can sound pristine. You can also take it to your next lawn party or outdoor barbecue, and keep the party going 'til the break of dawn with a great surround sound system that performs just as well in open air atmospheres.

OFFICE HACKS

Productivity is the name of the office game, and nothing lets you step up more than some user-friendly tech. Keep track of your tasks, give awesome presentations, and make the most of your workday with these gadgets.



LOGITECH HYPERION FURY G402
(P2,500, OCTAGON)

Never disregard the importance of your mouse, because every click counts. Seriously, one click and you could accidentally send very interesting personal documents to the entire office. Ensure smooth and error-free tracking every time, whether you're cropping photos or shooting bad guys.



SAMSUNG GALAXY TAB S2 9.7"
(P29,990, ANSON'S)

Present engaging slides and have crystal-clear video conferences with the Tab S2, thanks to its awesome AMOLED screen, which reproduces color vibrantly and without any losses. Thanks to a SIM card slot you can enjoy full cellphone functionality, too. And when you get a free moment at work? You can use it to discreetly watch episodes of *Mr. Robot*. *#petikslikeaboss*



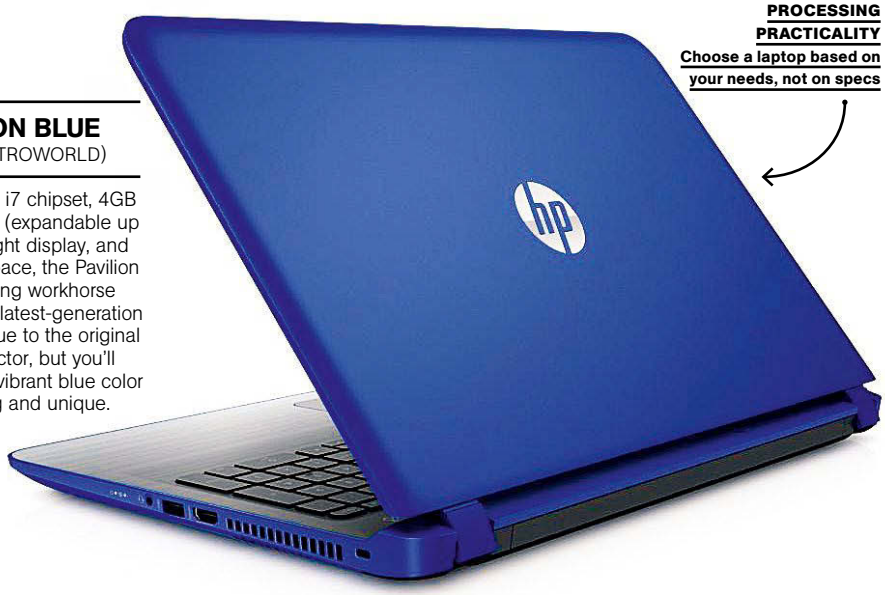
SAMSUNG GALAXY NOTE 5
(P36,990, ANSON'S)

Use the included stylus to jot down important ideas, draw diagrams, and make more precise pointing actions. And get this: The Galaxy Note 5 even has a heart rate monitor, so you can actually check yourself and take a necessary cool-down when things get too stressful at work.

BRING BOWSER TO WORK

In a study from Virginia Commonwealth University, folks who brought their dogs to work reported feeling 11 percent less stressed at day's end. If your workplace isn't pet-friendly, meet a close friend for lunch. According to study author Sandra Barker, Ph.D., congenial banter can be similarly uplifting.

PROCESSING PRACTICALITY
Choose a laptop based on your needs, not on specs



HP PAVILION BLUE
(P41,990, ELECTROWORLD)

Loaded with an i7 chipset, 4GB of internal RAM (expandable up to 16GB), a bright display, and a terabyte of space, the Pavilion is your processing workhorse on the go. This latest-generation model keeps true to the original Pavilion form factor, but you'll appreciate the vibrant blue color as eye-catching and unique.



LOGITECH K480
(P2,300, OCTAGON)

Typing on smaller devices, like cellphones and tablets, can be a derogatory word that rhymes with "hitch." And when you're on the go and need to answer long e-mails, it can get especially tedious. Bring along this Bluetooth keyboard during business trips and sync it with any of your devices for a compact and portable typing solution. Or have it handy during lunch to make your break a productive one. ■

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HOLIDAY CHILL

KEEP WARM IN STYLE BY WEARING KEY KNITWEAR PIECES AND LAYERING THEM RIGHT WITH YOUR WARDROBE

BY AMADOR R. MADAMBA
PHOTOGRAPHS BY JOSEPH PASCUAL
STYLING BY RAM DE VERA
GROOMING BY RENEN BAUTISTA
MODEL VINCE VANDORPE OF MERCATOR ARTIST AND MODEL MANAGEMENT

SHOT AT DESIDERATA LOUNGE, G/F THE INFINITY TOWER, 25TH ST. & 10TH AVE., BONIFACIO GLOBAL CITY, TAGUIG.

01

Play with color and texture. Shades of blue look youthful and go well with warm tones like mustard and brown, making the colors pop. Invest in a blazer that has an interesting texture and can be worn day or night.

(LEFT PAGE)

WHITE GEOMETRIC PRINTED LONG SLEEVE SHIRT, P1,595, NAVY FIVE-POCKET PANTS, P1,595, MUSTARD MERINO WOOL CREW-NECK PULLOVER, P2,595, AND DARK BLUE MOULINÉ BLAZER, P3,995, **ZARA MAN AT ZARA, GREENBELT 5, POWER PLANT MALL, SM MALL OF ASIA,** AND **SM MEGA FASHION HALL.** BLACK SLIP-ON SHOES, P3,499, **KARTEL** AT **TRAFFIC, POWER PLANT MALL, SM MALL OF ASIA,** AND **TRINOMA.**

02

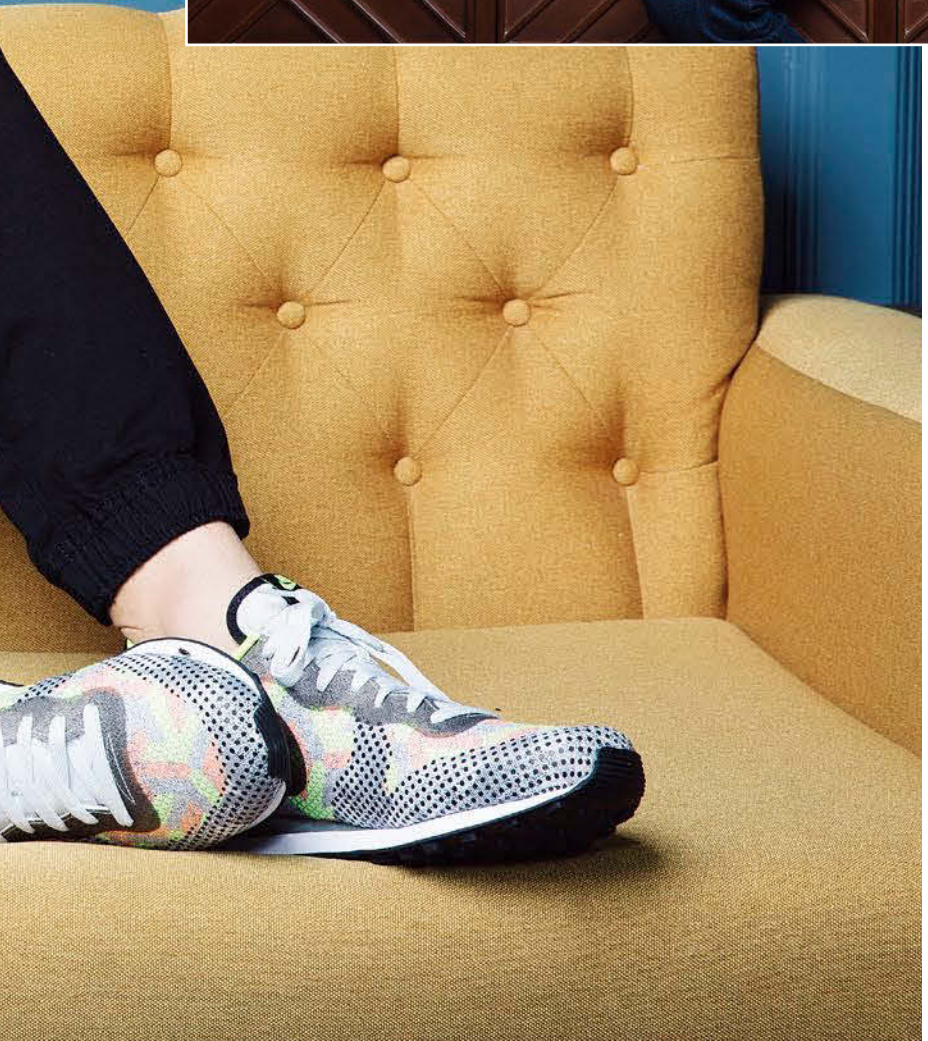
Thinking of going neutral? Gray, navy, and beige are your best options. Add subtle prints or patterns like a paisley shirt to make it more playful. Cap your look with a classic trench coat to keep you warm and dry in style.

(THIS PAGE)

BLUE PAISLEY LONG SLEEVE SHIRT, P3,250, STONE CHINO PANTS, P2,450, BEIGE COTTON CASHMERE V-NECK PULLOVER, P2,450, AND NAVY TRENCH COAT, P4,950, **MANGO MAN, SM MALL OF ASIA, ALABANG TOWN CENTER, GLORIETTA 2, BONIFACIO HIGH STREET,** AND **POWER PLANT MALL.** BLACK SLIP-ON SHOES, P3,499, **KARTEL** AT **TRAFFIC, POWER PLANT MALL, SM MALL OF ASIA,** AND **TRINOMA.**







03

Cardigans are great for layering and versatile enough to be worn with a suit for added warmth, or with a polo or T-shirt in the summer. Pair it with your favorite joggers and long sleeve shirt for a smart, casual look.

(LEFT PAGE)

NAVY PLAID WOVEN FITTED LONG SLEEVE SHIRT, P1,015, OLIVE CARDIGAN WITH SUEDE ELBOW DETAIL, P1,275, BLACK CARGO JOGGER PANTS, P1,015, **21 MEN** AT **FOREVER 21, SM MALL OF ASIA, SM MAKATI, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.** INTERNATIONALIST JACQUARD SNEAKERS, P5,295, **NIKE** AT **NIKE STADIUM, GLORIETTA 2, GREENBELT 5, POWER PLANT MALL,** AND **SM CITY NORTH EDSA.**

04

This thin, light, and slim cut vest is perfect for layering over a shirt, hoodie, or a jacket and provides warmth without the bulk. Plus, you can fold it to a compact size for easy carrying when traveling.

(ABOVE)

OFF WHITE ULTRA LIGHT DOWN VEST, P2,490, FLANNEL CHECK LONG SLEEVE SHIRT, P1,290, AND STRETCH SKINNY TAPERED JEANS, P1,690, **UNIQLO, SM MALL OF ASIA, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.**





05

Lifestyle sportswear dressing is also about layering. Combine a soft French terry T-shirt and hoodie with a bomber jacket and joggers for a fun and laidback vibe.

GRAY STAR PRINT FRENCH TERRY T-SHIRT, P755, HEATHER GRAY MARLED FRENCH TERRY SLEEVELESS HOODIE, P915, BURGUNDY TWILL CARGO JOGGERS, P1,015, AND BLACK CAMO PATTERN BOMBER JACKET, P2,045, **21 MEN** AT **FOREVER 21, SM MALL OF ASIA, SM MAKATI, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.**

06

Knitwear comes in a variety of materials like cotton or wool blends, acrylic, cashmere, and lambswool. The type of fabric and thickness determines whether a garment is ideal for cold or hot weather.

WHITE MIX CHECKERED SEERSUCKER SHORT SLEEVE SHIRT, P1,290, FADED BLUE LOOSE FIT TAPERED JEANS, P2,490, LEMAIRE OFF WHITE LAMBSWOOL SHAWL CARDIGAN, P2,490, **UNIQLO, SM MALL OF ASIA, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.** ICA WHITE LEATHER SNEAKERS WITH ORGANIC COTTON LINING AND PERUVIAN WILD RUBBER OUTSOLE, P8,990, **PIOLA** AT **RUSTAN'S, MAKATI** AND **SHANGRI-LA PLAZA.**





07

Knitwear comprises mostly of sweaters and cardigans with different necklines or collars. Whether it's a long sleeve crew neck, V-neck, scoop neck, or shawl collar sweater, you're sure to find styles that fit you.

GRAY SUEDE-TRIMMED WOOL AND SILK BLEND KNIT SWEATER WITH SHAWL COLLAR, P4,750, NAVY PLAID BUTTON-DOWN LONG SLEEVE SHIRT, P3,950, AND BEIGE CASUAL FIT CORDUROY CHINO PANTS, P3,950, **MASSIMO DUTTI, GREENBELT 5** AND **POWER PLANT MALL.** BLACK GLASSES, P799, **UNIQLO, SM MALL OF ASIA, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.** ICA WHITE LEATHER SNEAKERS WITH ORGANIC COTTON LINING AND PERUVIAN WILD RUBBER OUTSOLE, P8,990, **PIOLA** AT **RUSTAN'S, MAKATI** AND **SHANGRI-LA PLAZA.**



08

Who says you can't mix business and pleasure? This classic wool flannel suit will keep you warm as you look sharp. Wear it with a track jacket, a red sweater, and sneakers for a modern and athletic twist.

RED COTTON CASHMERE CABLE CREW-NECK SWEATER, P1,690, NAVY WOOL FLANNEL STRIPE JACKET P7,990 AND MATCHING NAVY WOOL FLANNEL STRIPE PANTS, P3,490, **UNIQLO, SM MALL OF ASIA, SM AURA PREMIER, SM MEGAMALL,** AND **SM CITY NORTH EDSA.** BLACK PRINTED F.C. N98 ALLOVER PRINT TRACK JACKET, P5,495, AND INTERNATIONAL JACQUARD SNEAKERS, P5,295, **NIKE** AT **NIKE STADIUM, GLORIETTA 2, GREENBELT 5, POWER PLANT MALL,** AND **SM CITY NORTH EDSA.**

TOPLESS ENCHANTMENT

MORE THAN JUST AN ENGAGING DRIVE, THIS LITTLE ROADSTER POSSESSES REAL MAGIC

BY ENRICO MIGUEL T. SUBIDO · PHOTOGRAPHS BY VINCENT COSCOLLUELA



THE SKYWAY BUZZES WITH ACTIVITY DURING the day. Though spared from the eternal gridlock plaguing the ground-level SLEX, it has its own share of traffic episodes: ill-maintained buses spewing out exhaust fumes, the blaring of car horns, the flashing lights of VIP escorts, and the occasional bottleneck jam. And every day, the Skyway horizon turns squiggly from heat that emanates from the asphalt.

Deep into the night, however, the elevated highway takes on a different personality. There's a luxury of space, and the road is less demanding on the patience of travelers. The pavement, from a sun-washed gray, morphs into a darker shade highlighted by the glow of tangerine streetlamps. The air becomes markedly cooler—more so behind the wheel of a Mazda MX-5 with the top down.

You have to drop the top. A quick stop and an even quicker three-second motion tucks the roof securely behind the car's headrests. Minus the canvas, the rumble of the 2.0-liter Skyactiv engine becomes fully appreciated in







surround sound. At speed, with air zipping up and over the windscreen, the whoosh-whoosh of concrete barriers along the highway adds a rhythmic backbeat to the beautiful symphony echoing from the MX-5's tailpipe. I elect to keep the radio off, saving enjoyment of the entertainment system for another time. The sound of the MX-5 and a barren Skyway are all the audio I need at this point.

Driven by its rear wheels, the Mazda roadster pushes forward while remaining firmly planted on the ground. Even on a straight line, the perfect balance in the driving dynamics is evident. With the stability control on, the car feels like it's on fixed rails when I switch lanes—a sensation that would be more pronounced on a spirited drive, like up the meandering roads of Tanay or the Sierra Madre.

Taking the MX-5 on a comparatively sedate road like the Skyway and still having loads of fun with it, however, is a testament to how awesome this car is to drive. If it has the power to transform a long, tedious stretch of highway into an engaging experience, that speaks volumes.

It's true a more technical route would afford you a clearer impression of the excellent stability control system, and how the body rolls around corners. (Update: It practically doesn't.) You'd also become more familiar with the precise steering and the tight transmission's sporty, short throws. You might even find yourself doing the three-pedal tango—aka heel-and-toe downshift—quite often.

But the best things about the MX-5 remain unchanged regardless of what kind of road you take: the sporty driving position, the feeling of oneness with the machine, the unique top-down experience, and the fact that you will garner envious stares because, man, the car looks damn good.

Exiting at the South Alabang ramp, I am left wanting for more open, elevated, hypnotic road. It feels like a particularly short 31.2 kilometers. Heading onto the northbound lane, I opt to take the SLEX for a little experiment: to see if the MX-5 can work its magic on the Skyway's older, more stressful sibling. I have no doubt it will. (Update: It did.) ■

RECOVERY ROAD

You'll have to take a drive out of the city for this to work, but it's totally worth the mental recharge. In his study, Richard Ryan, researcher and professor of psychology at the University of Rochester in New York, quantified the revitalizing effects of getting outdoors. The finding: 90 percent of people experience mental- and physical-energy gains when spending time surrounded by nature. So, take the time to regularly step outside of the metropolis and catch a breather. Dropping the top of your roadster along EDSA won't do the trick.



MAZDA MX-5

ENGINE:
2.0-LITER SKYACTIV-G IN-LINE-FOUR

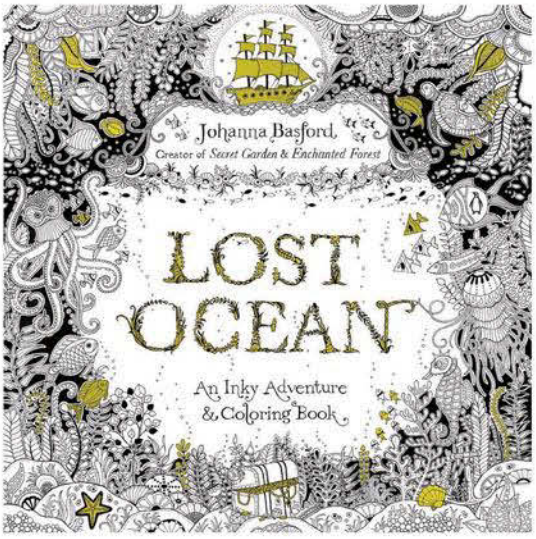
TRANSMISSION:
SKYACTIV-DRIVE SIX-SPEED MANUAL

POWER:
160 HORSEPOWER

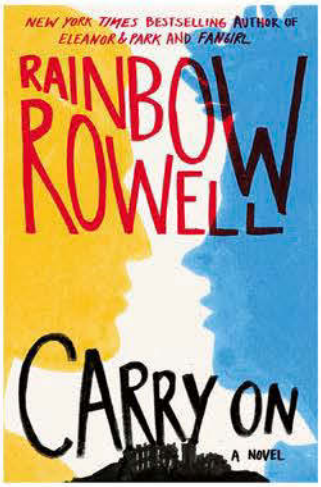
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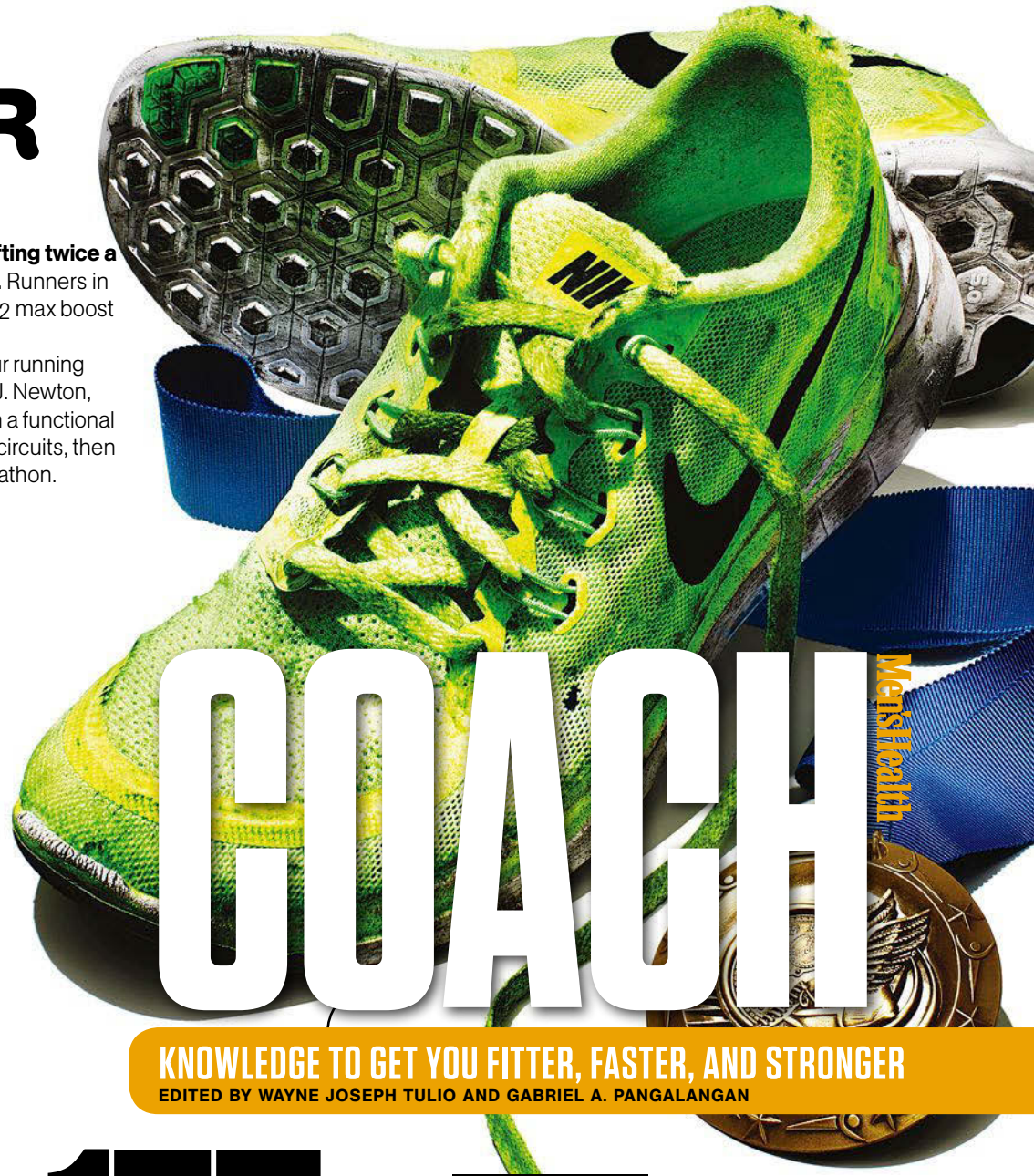






YOUR BETTER HALF

Distance race coming up? **Heavy lifting twice a week can improve your VO_2 max.** Runners in an Italian study saw a 6 percent VO_2 max boost using this tactic. That strength, plus better mechanics, can enhance your running economy and cut injury risk, says P.J. Newton, founder of Strategic Athlete. Enroll in a functional training program that incorporates circuits, then use the tips below for your half marathon.



COACH

Men's Health

KNOWLEDGE TO GET YOU FITTER, FASTER, AND STRONGER

EDITED BY WAYNE JOSEPH TULIO AND GABRIEL A. PANGALANGAN

BEFORE THE RACE

14 DAYS

Do a Dry Run
Start at race time and eat and drink as planned. You don't have to do the full 21k run, says Newton.

7 DAYS

Prehydrate
Give your innards a thorough soaking—down ½ ounce of water per pound of your body weight every day.

2 HOURS

Carb-Load Wisely
Eat ½ gram of carbs per pound of body weight as this helps novices finish faster, says a University of Minnesota study.

DURING THE RACE

26 KM

Tail a Woman
Women pace better, research shows. Chase a gal going at your goal speed to avoid bonking later, says Newton.

4+ KM

Sip Smarter
Old rule: If you wait until you're thirsty to drink, then it's too late. New rule: Drinking just when you're thirsty is fine.

14 KM

Finish Strong
Exhaustion starts in your head. Set a small goal, such as passing one person in front of you; then set another.

175

STEPS-PER-MINUTE PACE THAT YIELDS THE BEST RUNNING ECONOMY IN ELITE RUNNERS

Source: *European Journal of Sport Science*

WHAT WINNERS KNOW



TUNE UP YOUR PACE

Listen to music during the race. You'll tend to match your cadence to the beat, say Belgian scientists. (Try Spotify's running mode, which matches music to your preferred pace.) Music also releases natural pain blockers and lowers perceived effort.

COACH

Men's Health

KNOWLEDGE TO GET YOU FITTER, FASTER, AND STRONGER



MH

The Belly Fat Inferno

PACKED GYM? NO PROBLEM. ALL YOU NEED IS A PAIR OF KETTLEBELLS FOR THIS 22-MINUTE SWEAT SESSION



THERE'S A HIGHLY ANTICIPATED SHOWDOWN THIS MONTH, AND IT'S BETWEEN YOU AND THE holiday pounds. If you want to come out the winner, then you'll have to put in the work.

Give your gut hell and beat the holiday ham with this quick workout that'll get your metabolism going and improve both your strength and explosiveness. It'll take just 22 minutes, but you'll burn off enough calories (and guilt) to help you end 2015 on a high note. No gym required, fellas. So burn, baby, burn.

—GABRIEL A. PANGALANGAN

COACH

Men's Health 12.15



DESIGNED BY
Mark Fisher, C.P.T., co-owner of Mark Fisher Fitness

BEST FOR
Revving your metabolism, building lean muscle, and boosting your total-body power and endurance

EQUIPMENT
Two kettlebells

CALORIES BURNED
331*

TIME
22 minutes

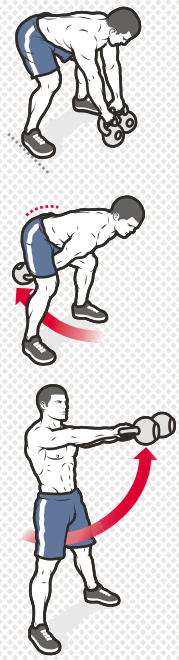
*As measured by a fit 6'2", 185 lb man using a Polar M400 heart rate monitor

DIRECTIONS
For the next month, replace one of your weekly workouts with this routine from Mark Fisher's popular Snatched program. Perform the moves as a circuit in the order shown, moving from one immediately to the next and resting for 30 to 60 seconds only after the third and sixth moves (the split jump and the kettlebell row). Rest for 60 seconds, then begin the circuit again. Do 3 circuits total.

BEST NEW WORKOUT December 2015

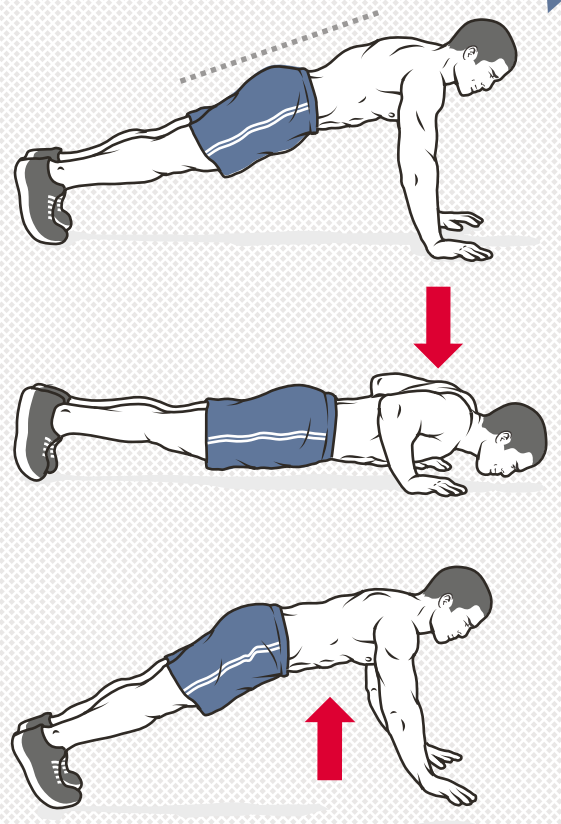
1/ Double Kettlebell Swing

Place two kettlebells on the floor in front of you. Stand with your feet slightly beyond shoulder width, push your hips back, and grab the kettlebells' handles. "Hike" the kettlebells between your legs, and then thrust your hips forward as you swing both up to chest level. Swing them back between your legs. That's 1 rep; continue without pausing. **Reps: 20**



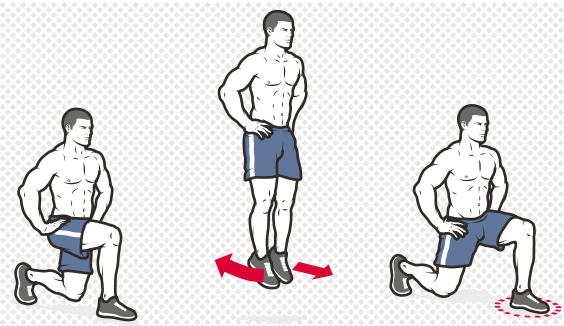
2/ Explosive Push-up

Assume a push-up position with your feet together, arms straight, and hands slightly wider than your shoulders. Lower your body and then push up with enough force for your hands to leave the floor. Land and repeat. **Reps: 12**



3/ Split Jump

Assume a staggered stance with your right foot forward. Lower your body into a lunge; then jump up, scissor-kicking your legs in the air. Land with your left foot forward and drop back into a lunge. That's 1 rep. Alternate legs each rep.
Reps: 12 per leg



PORTRAIT ILLUSTRATION BY MARCO GORAN ROMANO

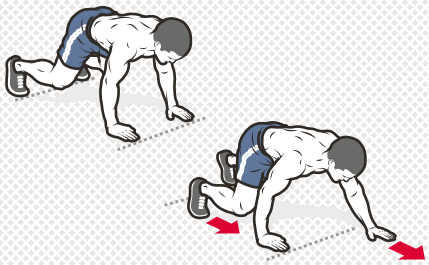
4/ Goblet Squat

Stand with your feet slightly beyond shoulder width and hold a kettlebell by the sides of its handle in front of your chest. Push your hips back, bend your knees, and lower your body as far as you can; your elbows should brush the insides of your knees. Pause, and stand back up. **Reps: 10**



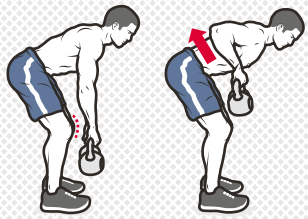
5/ Bear Crawl

Get down on all fours with your hips up and knees bent approximately 90 degrees. (Only your hands and toes should touch the floor.) Crawl forward, moving your opposite hands and feet in unison (left hand and right foot, right hand and left foot). **Time: 30 seconds**



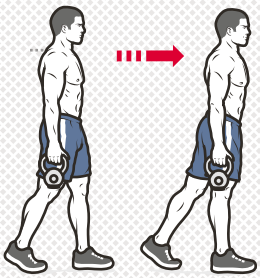
6/ Kettlebell Row

Grab two kettlebells, push your hips back, bend your knees slightly, and lower your torso toward the floor. Let the weights hang at arm's length. Row the weights to the sides of your torso. Pause, and lower them back to the starting position. **Reps: 12**



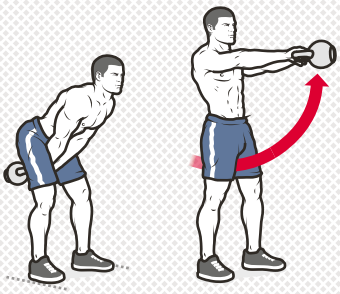
7/ Kettlebell Suitcase Carry

Hold a kettlebell in your right hand by your side like a suitcase, keeping your shoulders square and torso upright. Maintain this posture as you walk forward for the prescribed distance. Switch hands, turn around, and walk back. **Distance: 20 steps (each way)**



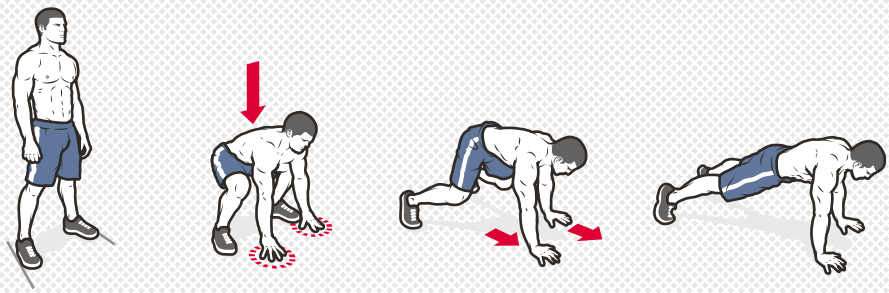
8/ Kettlebell Swing

Place a kettlebell on the floor in front of you. Push your hips back and grab the handle in both hands. "Hike" the weight between your legs; then thrust your hips forward and swing it up to chest level. Swing it back between your legs. That's 1 rep; continue without pausing. **Reps: 20**



9/ Reverse Burpee

Stand with your feet shoulder-width apart. Now squat and place your hands on the floor. Instead of kicking your legs back (as you'd do in a normal burpee), "walk" your hands forward until you're in a pushup position. (Optional: Do a push-up.) Pause, and reverse the move to return to the starting position. **Reps: 8**



~~AMPLIFY YOUR GAINS~~ 3 FAST WAYS TO BUILD MORE MUSCLE

ADJUST YOUR REST AS YOU GO
Tailor it to your fatigue level. "Start with brief rests and make them longer as you go," says trainer Mark Fisher.

LEARN TO IMPROVISE
Kettlebells taken? Grab dumbbells instead. You can use them for all the weighted moves in this workout, Fisher says.

COOL DOWN THE RIGHT WAY
Tough workouts tax your nervous system. "Foam-rolling and meditation can speed recovery," says Fisher.

ICONS BY HUBERT TERESZKIEWICZ

ILLUSTRATIONS BY +ISM

GO AGAINST THE GAIN

Food control tricks to make sure you can eat well during the holidays without the guilt

By Chise Alcantara

'Tis the season of hope, peace, joy, and a lot of love for *lechon*. But if you're the buzzkill type who worries about his waistline this time of year, don't hate, ye of little faith: You can enjoy the festivities while still keeping your gut from growing. We've asked food pros for a simple meal plan and some hacks to ensure you can enjoy those scrumptious treats—in the proper portions, of course! Another upside: You won't look like good ol' Saint Nick once 2016 rolls in.

ACE YOUR BREAKFAST

Loading up with carbs and protein in the morning isn't a bad thing, but too much munching could just turn into excess fat. "Calories and fats should be spread out during the day in order for your body to have enough time to burn it," explains Jana Culla, a nutrition officer from the National Nutrition Council. Instead of gorging on your usual *sinangag* with Christmas ham and *queso de bola*, try having an open-faced sandwich instead.

Use a slice of toasted wheat bread and top it with Christmas ham, thin slices of queso de bola, and a poached egg. This way, you get your fill of holiday treats minus the temptation to overeat. You still have a whole day of eating ahead of you, bud.

PACK PROTEIN FOR LUNCH

Especially if you're a morning exerciser, you should be more focused on ingesting the right amount of proteins during your midday meal to repair your muscles, continues Culla. Private chef John Cortes says catfish is a good source of protein over your typical fried meats. Match it with brown rice pilaf and you get a healthy meal fix that will satisfy your craving for festive Pinoy flavors. Pan-fry a medium-sized catfish in warm coconut milk sauce, and pair it with half a cup of brown rice pilaf. Lunch, done!

PHOTOGRAPH BY MAXIMILIAN STOCK Ltd.



TAKE IT EASY ON SNACKING

Merienda is a tricky meal to have. Because mid-afternoon is an awkward time to feel hungry, Filipinos tend to eat too much (spoiling their dinner) or too little (as in "*pampalipas gutom lang*") at this time of day. Cortes's advice: Get your calories mostly from veggies during snack time. Have fresh *lumpiang ubod* (the more veggies, the better) with some *lechon* (a matchbox-sized portion). This should keep you satisfied until the main event in the evening.

LIGHTEN UP AT DINNER

Dinner should be one of the lightest meals of your day. You won't need the extra energy because you're going to be sleeping in a few hours, anyway. But this being the holiday season, you probably won't be sleeping early (being healthy doesn't mean being a party pooper). Culla suggests to eat just enough so you won't feel too sleepy, and can still have enough festive energy to keep up with your friends and family.

For dinner, Cortes recommends grilled Batangas beef tenderloin (matchbox-sized portions) served with *paella negra* (one of the healthier variations of *paella* out there). Just make sure you don't eat until you're so stuffed, you want to take a nap. That's the surest way to turn calories into fat.

THE MH OFFSET METER

Think you can eat more food then exercise it off? Well, here's how much exercise you'll have to do to burn the following handaan favorites*

FRUIT SALAD – 1 cup (136 calories) = 10 minutes of jogging at 9.6 kilometers per hour

LECHON – small plate (376 calories) = 40 minutes of moderate cycling at 20 to 25 kilometers per hour

PANCIT – small plate (416 calories) = 35 minutes of swimming laps

KARE-KARE – ½ cup (100 calories) = 10 minutes of jumping jacks

PAELLA – 1 cup (379 calories) = 45 minutes of high impact cardio

*Exercise estimates taken from *MyFitnessPal.com*

The Skinny on Dessert

Keep your sweet tooth from getting the best of you

Rather than having fatty, sweet, and creamy fruit salad or a slice of decadent chocolate cake, go for some fresh fruit slices. Culla notes that you'll get rid of the *umay,* and still enjoy a relatively sweet treat. Afterward, pat yourself on the back and say, "good job, bro!"



MUSCLE EXPRESS

These high-octane, fat-blasting routines will keep your training feast-proof

By Paulo Sotelo, F.M.S.C. • Illustrations By Luciano Ramirez

Listen up, gentlemen! There's no better time to test your focus than now, especially with this festive mood around. It's the make-or-break point of all the gains you've made working out. With parties left and right and the limited amount of time you have to exercise, you just might find yourself wondering what went wrong when you hit the gym next year.

Time may be limited, but you can still do something to offset the merrymaking. High-intensity interval training (HIIT) is an efficient type of routine that you can do to squeeze some sweat sessions into your party-filled schedule. It increases mitochondrial density that in turn, optimizes fat oxidation—improving your body's fat burning capabilities. There's also excess post-exercise oxygen consumption (EPOC), which, in layman's terms, is the exercise "after burn" effect that gets you to torch more calories long after you leave the gym.

Each of these three routines is designed according to the amount of time you have in your hands. Please take note that you should do a thorough mobility warm-up before each workout to avoid injury. Also, do these only if you've already been regularly exercising before the holidays. Try to vary what you do each day among the three. One thing is certain: You'll sweat buckets and get your heart rate up to keep your gains.



THE INTERVAL BENEFIT

Not only are you saving time, but adding high intensity intervals to your post-holiday routine can help break the monotony of your regular workouts. You also get the same results with shorter sessions like you would with longer workouts at moderate intensity, a study published in the journal *PLoS ONE* found.

THE WORKOUTS:

THE 15-MINUTE SPLIT WORKOUT ▶

This routine is split into two days, separated by basic movements of the human body (squat, hip hinge, vertical and horizontal push, and pull). It is inspired by Alwyn Cosgrove's *The New Rules of Lifting* and Max Shank's *Ultimate Athleticism*.

Directions: Alternate between workout A and B for a total of three workout days. For example, do workout A on Monday, rest on Tuesday, then do workout B on Wednesday. After resting on Thursday, do workout A again on Friday. The next week, start with workout B.

Each workout has two clusters, each to be done as a density. However, instead of going fast, try to go moderately heavy with near perfect form.

THE 5-MINUTE DENSITY WORKOUT

The goal of a density workout is to do as much work as you can for a specified amount of time. Perform each exercise one after the other for the required number of repetitions in as many sets as possible. But aim to do each rep with proper form, and work at a pace that will allow you to finish the workout to lessen your injury risks.

Directions: Set your timer for five minutes and do the following exercises as a circuit for as many rounds as possible.

6 Bodyweight squats
6 Push-ups
6 Step-back lunges
6 Dumbbell rows
6 Burpees

Pro tip: The objective of this workout is to get better. Maximize your workout by trying to beat your personal record when it comes to the number of completed sets, and remember, QUALITY over quantity!

THE 10-MINUTE CARDIO BLASTER

This workout is a personal favorite inspired by Len Kravitz, Ph.D., associate professor of exercise at the University of New Mexico. Basically, it's sprint interval routine.

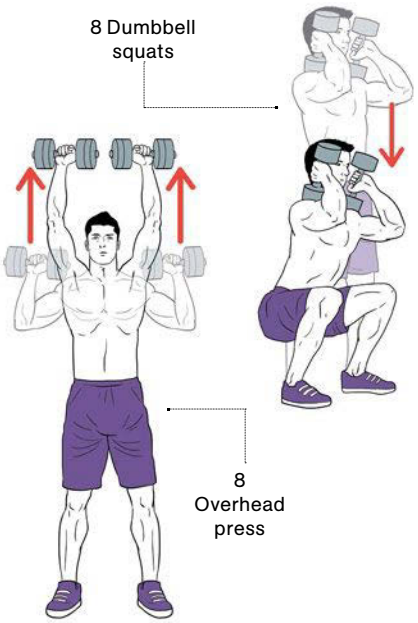
Directions: Perform the following intervals for 10 total sets.

Do 30 seconds of sprinting (be it running or cycling), or, if you have limited space, you could do jumping jacks, skipping rope, or burpees at maximum effort. Rest for 30 seconds. That's one set.

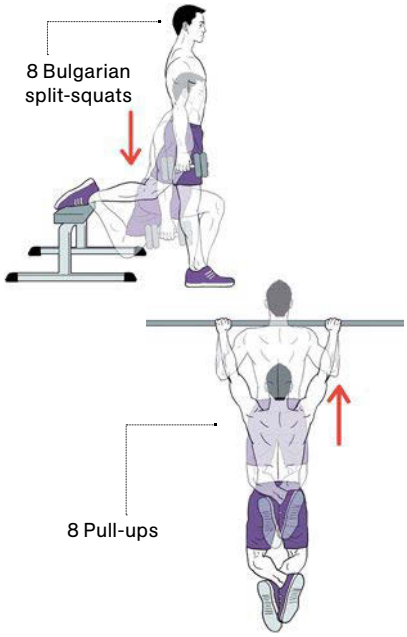
Pro tip:Remember that this is a high-intensity workout. Go all out! Try to do a different type of sprint or exercise to avoid overuse injuries.

WORKOUT A

Cluster A (7 minutes)

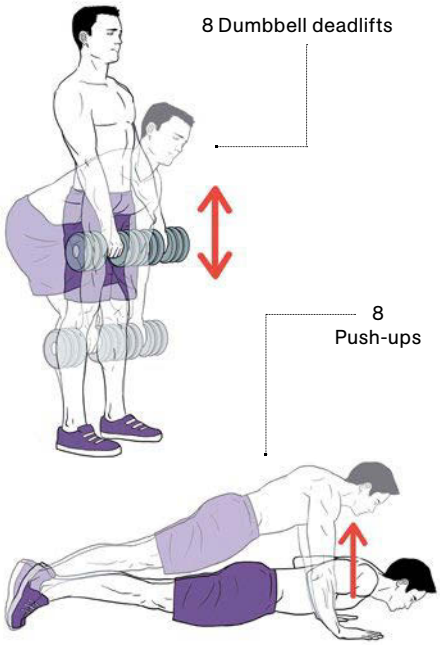


Cluster B (7 minutes)



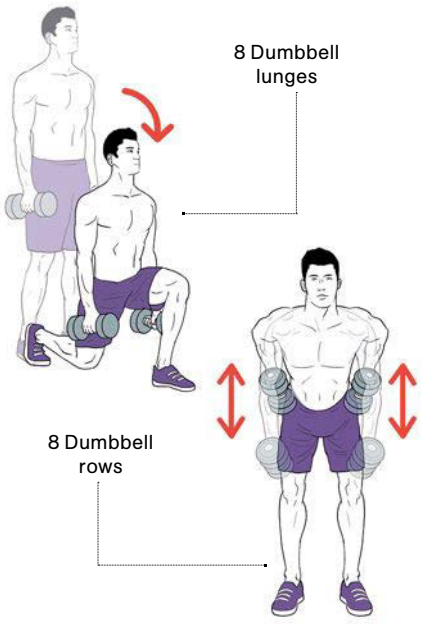
WORKOUT B

Cluster A (7 minutes)



REST FOR 1 MINUTE

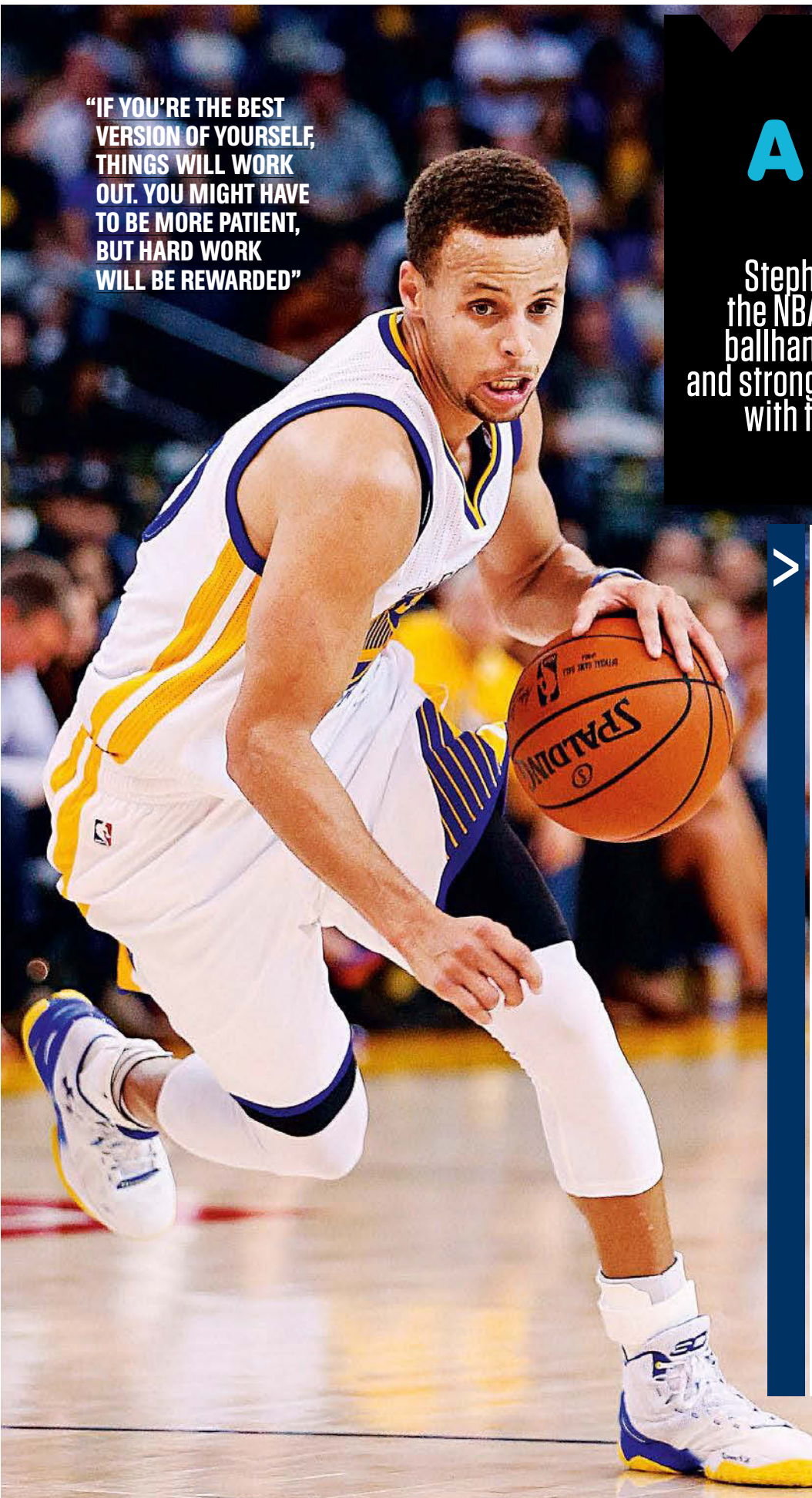
Cluster B (7 minutes)



BONUS STAY-IN-SHAPE TIPS:

1. If you really plan on going all out with your *noche buena* and *media noche*, do these workouts prior to your feasts. It's always better to know that you've earned it.
2. We all know it's a holiday, but that doesn't mean that we take a break from all our hard-earned work this year. Treat holiday feasts as cheat meals. You are entitled 2 to 3 cheat meals per week (that's assuming you eat three times a day).
3. Remember what the holidays are truly about. Yes, there will be food. But that doesn't mean you have to eat everything that's on the table. Pick your best, healthiest options, and please take time to socialize.

PHOTOGRAPH BY GETTY IMAGES



NEED A CAREER ASSIST?

Stephen Curry led the Warriors to the NBA title with did-you-see-that ballhandling, quick-draw shooting, and strong leadership. But it all began with fireless practice. Take notes

By Bill Stieg

START SMALL

Standing 5'8" as a freshman in high school, Curry needed to change his shot to play varsity. "I had to make it quicker with a higher release," he says. "It was a grueling summer." He started in close, grooving his release, and didn't leave the paint for two weeks. "It's still a work in progress"—he really said that—"but with anything, if you stick with it and keep working at it, eventually you'll figure it out."

MAKE THINGS HARDER

Curry played plenty of boyhood ball in his Grandpa Jack's gravel driveway, the same place his father, 16-year NBA vet Dell Curry, also learned the game. "If you can dribble and control the ball off that gravel," Curry says, "you'll be all right on hardwood. Even now when I train, I add elements that make the game harder. So when I'm in that moment of competition in a real game, it should be easier."

DO THE WORK

Curry puts up at least 100 shots before each game "to see the ball go in and build some confidence. There's really no way to cheat the system," he says. "You either put the work in and reap the benefits of what you're doing, or you try to take shortcuts and think you're going to be all right. But it doesn't work that way. The guys who put in the most reps are usually the ones who are most successful."

FIND YOUR MANTRA

No pregame tunes for Curry. "My line is 'Lock in.' That's how I focus," Curry says. "I say it to myself over and over. 'Time to go: Lock in and get ready to play.' It's a mentality. Focus on what you need to do to lead your team. A hundred percent focus on the game."

PHOTOGRAPH BY GETTY IMAGES

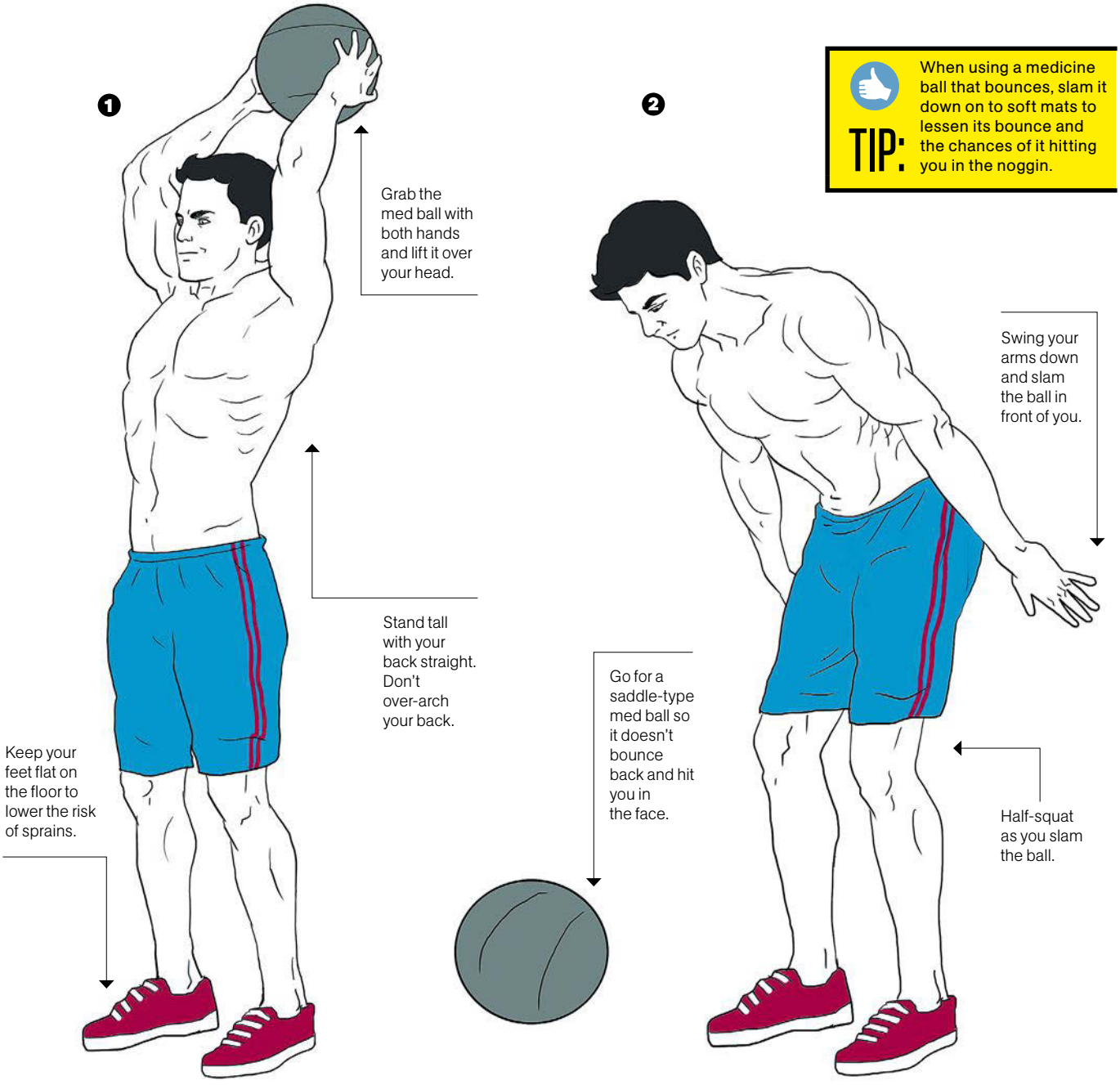
SLAM LIKE A STRONG MAN

Enjoy huge benefits without lifting a ton of weight using this fat-incinerating move

By Gabriel A. Pangalangan • Illustrations By Luciano Ramirez

A medicine ball is a versatile tool that can do wonders for your workout—you can toss it, slam it, and use it for slow and steady movements or fast and explosive ones. "Training with med balls helps you build muscle, burn fat, and improve your athleticism," says David Jack, owner of ActivPrayer in Phoenix, Arizona, and creator of the *Men's Health 60-Day Transformation*.

If you want to utilize a med ball in one gut-busting movement that challenges several muscle groups at a time, then go for med ball slams. "Slams improve the power of your core," notes Jerry Ybañez, a personal trainer at Fitness First Greenhills. "It's also effective if you want to shed fat because it provides a whole-body workout." Slam fat and get ripped with this killer move.



TIP: When using a medicine ball that bounces, slam it down on to soft mats to lessen its bounce and the chances of it hitting you in the noggin.



TRIPLE THREAT

MH Muse Cassy Naidas shows you how to be a real badass in anything and everything you do

By Ria Esguerra • Photographs by Mark Jesalva

Filipina-Korean model Cassy Naidas is a beauty queen. But inside Athlete's Lab, the gym she regularly goes to, she's a deadlift empress. "She can lift heavy," attests coach Diego Lozano. You see, Naidas isn't your typical pageant girl. Sure, she's got the looks and the svelte figure, but believe it or not, she used to pack quite a bit more muscle on her 5'10" frame. "Originally, I was an athlete," explains Naidas. "Then I moved to modeling, and I tried joining pageants."

The 24-year-old is a legit baller, playing competitive basketball in her high-school years. Earlier this year, she also earned a roster spot as a goal shooter for Siklab Pilipinas, the national team for netball that played in the Southeast Asian Games in Singapore. If you're unfamiliar with the sport, it's like a cross between Ultimate Frisbee and basketball, minus the dribbling.

How does Naidas maintain her model looks, beauty-queen pose, and beast-like tenacity in the gym and on the court? She says it's all about balancing the physical and mental demands of the things you choose to pursue. Find that balance with her pointers.

MAKEUP BY ARA FERNANDO; STYLING BY BELA VITUG; SHOT ON LOCATION AT ATHLETE'S LAB SPECIAL THANKS TO COACH DIEGO LOZANO



FOCUS YOUR TRAINING

Naidas trains in the gym to stay in the best shape needed for her modeling career and sports activities. With the limited time she has, she makes sure her training specifically addresses her fitness goals. For playing netball, Naidas points out the importance of footwork and endurance training. Unlike in basketball, a quarter in netball lasts 15 minutes, and unless a starter gets injured, substitutions rarely occur. "So, if you're playing, you have to last the whole game," Naidas notes. That's why she devotes time to cardio and strength work, too. And with such a specific training strategy, she's reaping the benefits of a strong body and a confident personality that makes her stand out when she's modeling or competing for beauty titles.

THRIVE ON VARIATION

Naidas isn't afraid to try out new things in the gym. That's why Lozano, her head trainer at Athlete's Lab, often varies her workouts: "It depends on her work [and her schedule. But right now,] we really focus on strength training instead of trying to build too much muscle. And we supplement that with a lot of interval training." Naidas also adjusts her diet depending on her current priorities. "As an athlete, I could really eat anything because [it helps me] be a bit bigger. I lose weight *pa nga* if I don't eat enough because we train a lot," she shares. "And then for modeling, I cut back on carbs. Then for pageants, I eat and then hit the gym to gain some weight."

FIND YOUR MOTIVATION

Naidas confesses loving her share of pizza slices, but she knows that she needs to be determined when she has fitness goals. She names Victoria's Secret model Izabel Goulart (look her up on Instagram!) as her *#fitspiration* when she feels lazy to hit the gym. "She's like a fit model. She has muscle and she works out a lot. She's super strong, and I like watching [her workouts]," says Naidas. Find your own *#fitspiration*, but make sure you share some similarities, especially the body type, so your goals remain realistic. ■

Quick Ways to Get Stronger All Over

Diego Lozano, Cassy Naidas's coach and head trainer at Athlete's Lab, shares some of the most efficient moves you should incorporate in your workout to develop total-body strength

BARBELL DEADLIFTS

This helps you develop both your upper and lower body, and improves your core strength.
Do it: Stand with feet hip width apart in front of a barbell. Maintaining a straight back, push your hips back and bend your knees while gripping the barbell beside your shins. Keep your back straight, your shoulders out, and your core engaged as you stand up straight until the bar reaches your thighs. Remember to inhale before lifting and exhale at the end of the lift.

HIP THRUSTS GLUTE BRIDGE VARIATION

Build your legs and backside with these moves and impress the ladies.
Do it: Hip thrust – Sit on the ground with a bench behind you. Rest your shoulders on the edge of the bench and start to lift your torso off the ground until it's parallel to the floor. Pause, then return to starting position.
Glute bridge – Lie on your back, flat against the floor. Bend your knees, then drive your glutes upward with your heels until your torso is in a straight diagonal line. Your upper back should be supporting your midsection. Pause, then return to starting position.

HEAVY LIGHT KETTLEBELL SWINGS

"Heavy swings are more for strength work, while light swings are more for metabolic conditioning," says Lozano.
Do it: While standing with your knees slightly bent and your feet hip width apart, hold a kettlebell on the ground in front of your with both hands. Swing the bell between your legs, keeping your back straight. Then, forcefully swing the bell by pushing your hips and glutes forward until the weight reaches eye level. Use the momentum to swing the weight back down between your legs. Repeat. Keep your back straight and engage your core at all times.



CLOTHES BY REEBOK AND BLACKBOUGH ACTIVEWEAR

BIG LIFTS FOR MAX GAINS

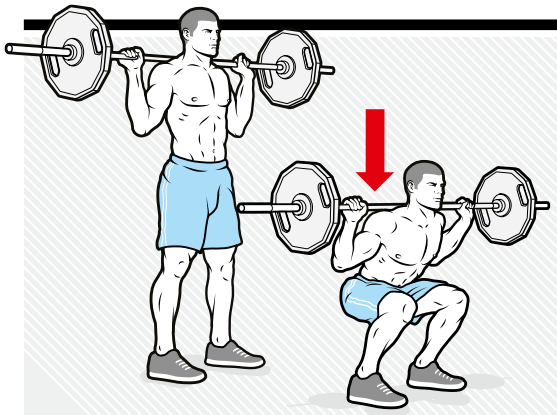
Increase your strength and pack on lean mass all over with this powerlifting-inspired workout

Illustrations By +ISM

Relative strength is a concept most gym rats may not know yet, but how strong you are for your height and weight is a valued commodity among athletes. Ballers use it to overpower opponents while sprinters win races off the blocks because of it. As for us regular folk, we need it for our daily routines and so we can push ourselves during our workouts. "It's the most important kind of strength you can have," says Mike Robertson, former Team USA powerlifting coach who plotted the workout plan you see here.

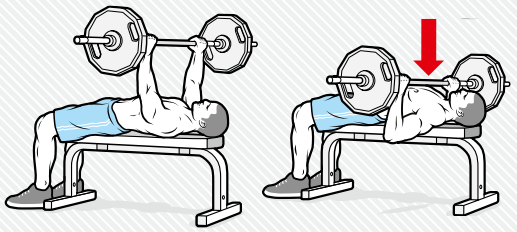
To increase relative strength, you need to engage your core properly and execute powerlifting's big 3: bench press, deadlift, and squat. Doing so, you'll teach your body to recruit the muscles necessary for you to be explosive for your chosen sport, or for your tough workouts. Try this workout and see gains in strength while building lean muscle. ■

DIRECTIONS
Replace one of your workouts each week with the routine shown on this page for a month. Perform straight sets of each exercise in the order shown, using the heaviest weight that allows you to complete all your reps and sets. Your ultimate goal is to maximize your relative strength.



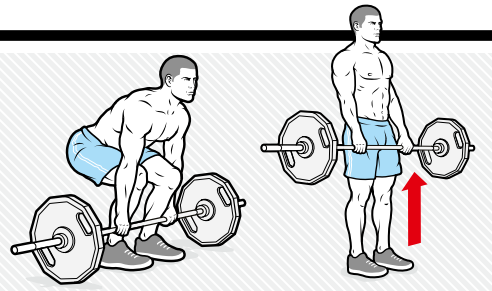
1/ Barbell Squat

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Push your hips back and lower your body until your thighs are parallel to the floor. Return to the starting position. **Reps** 3 to 5 **Sets** 3 **Rest** 3 to 4 min.



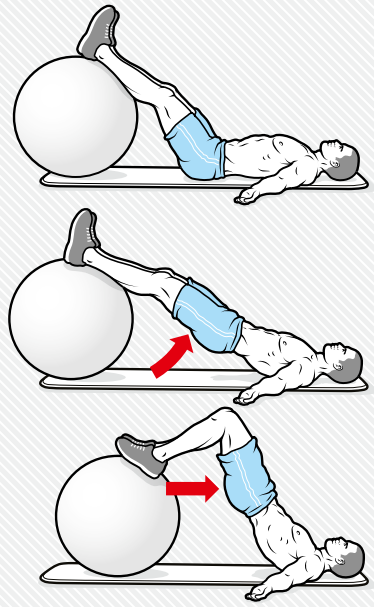
2/ Bench Press

Lie on a bench and hold a barbell above your sternum using an overhand grip that's just beyond shoulder width. Lower the bar, keeping your elbows tucked. Pause, and push it back up to the starting position. **Reps** 3 to 5 **Sets** 4 **Rest** 3 to 4 min.



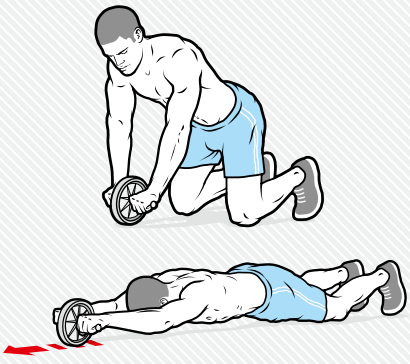
3/ Deadlift

Roll a barbell against your shins and grab it using a shoulder-width, overhand grip. Pull your torso back and up, thrusting your hips forward as you stand up with the barbell. Push your hips back to lower the bar back to the floor. **Reps** 1 **Sets** 5 **Rest** 2 to 3 min.



4/ Swiss Ball Hip Raise and Leg Curl

Lie on your back on the floor with your lower legs on a Swiss ball. Push your hips up and pull your heels toward you, rolling the ball as close to your butt as possible. Return to the starting position. **Reps** As many as you can **Sets** 3 **Rest** 90 sec.



5/ Ab Wheel Rollout

Kneel on the floor and grab the handles of an ab wheel. Roll it forward as far as you can; then use your core to pull the wheel back to the starting position. No ab wheel? Use a barbell loaded with 10-pound weights. **Reps** 8 to 10 **Sets** 3 **Rest** 60 sec.

LOSE IN THE NAME OF LOVE

Let your battered ego lead to the best bod you've ever had

By Gabriel A. Pangalangan • Photographs by Jonathan Baldonado



VITALS

WEIGHT BEFORE
220 lbs

WEIGHT AFTER
142 lbs

NAME
Spanky Juinio

AGE 27

HEIGHT 5'5"

OCCUPATION
Businessman

LOST THE WEIGHT IN
5 months

Admit it: Getting rejected by your crush sucks, big time. For some guys, it's reason enough to pursue countless beer sessions and comfort-food binges. But for Spanky Juinio, getting turned down was the catalyst that sparked a 60-pound weight drop and a massive shift in his physique and mentality.

"I got the whole 'Oh, it's not you, it's me' line! *Masakit yun*," he confides with a laugh. "I even thought to myself: 'No dude, she turned you down because you're fat.'" This motivated him to make a major lifestyle change, but going from fat to fit was anything but easy. After all, Juinio was a big guy from a big family. He tipped the scales at 220 pounds and struggled to get his 40-inch waist into his once-snug size-38 pants.

To lose the weight, he started jogging around the Academic Oval of UP Diliman, working his way up from half a round to two rounds in the morning. From lifts focused on just his chest and arms, he started doing more compound exercises that were low in weight but high in repetitions. He also took up boxing and would hit the mitts three times a week. For even more cardio work, he replaced his half-court basketball games with three full-court pick-up games every Sunday.

A shift in diet was pivotal in his transformation, too. Instead of eating his usual two rice meals after training, he focused more on lean proteins like tuna and just half a cup of rice post-workout.

Before long, Juinio was down to six percent body fat. His weight-loss success secret: Make realistic plans for long-term weight loss. "It won't happen overnight. The sooner you acknowledge that, the better your weight loss will be," he emphasizes. With that, his self-confidence went up and his pants now actually fit him. He continues to work out not because he wants to impress the ladies, but because he enjoys it. ■

SPANK ATTACK

Give fat a spanking with these moves

Dumbbell Squat

[1] Stand with your feet shoulder-width apart. Hold a dumbbell in front of your chest with both hands, keeping your arms bent at the elbows and your elbows close to your sides. **[2]** Bend your knees and push your hips back. Make sure your knees don't go past your toes. When your hips are lower than your knees, stand back up.

Front Shoulder Raise

[1] Assuming an athletic stance, hold a dumbbell in each hand and place them in front of your thighs, palms facing your thighs. **[2]** Keeping your arms straight and your elbows locked, lift the dumbbells until your arms are parallel to the floor. Slowly lower them back down.

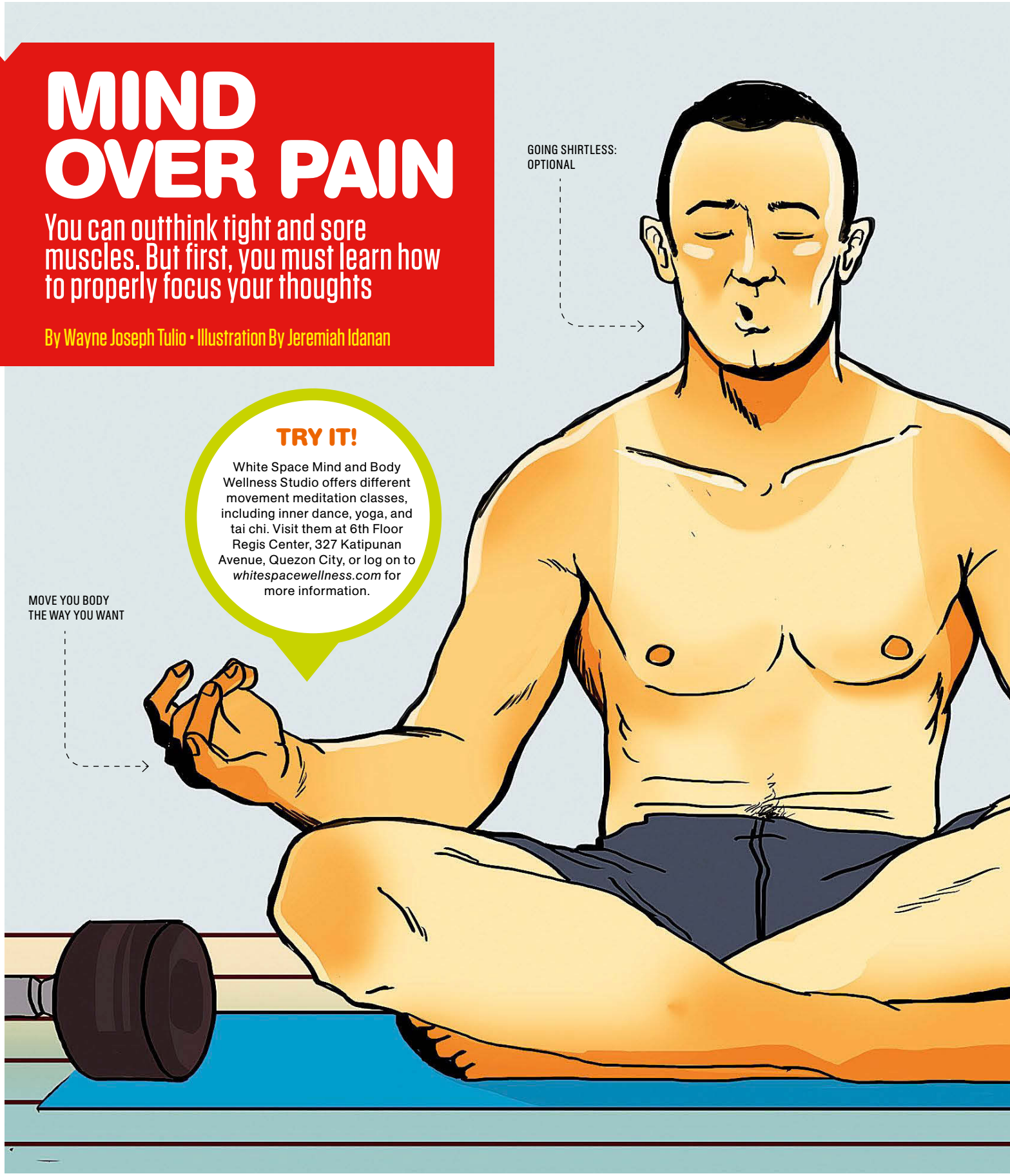


GROOMING BY VIDA NON-JAUCIAN

MIND OVER PAIN

You can outthink tight and sore muscles. But first, you must learn how to properly focus your thoughts

By Wayne Joseph Tulio • Illustration By Jeremiah Idanan



The meditation room of White Space Mind and Body Wellness Studio welcomes students with the relaxing scent of incense. Arianne Olegario, the movement meditation instructor, lays down two simple rules before the class begins: "First, try not to interpret anything. And two, no judgment." But I've already broken the second rule, as I find myself here to test if meditating can help ease post-workout muscle tightness. And I bring judgment right off the bat.

Let's start with the obvious: The movement meditation method sounds hipster-ish when you can simply stretch, foam-roll, or do other things that most trainers prescribe to ease delayed onset muscle soreness (DOMS). But an increasing number of studies show that meditation can help speed up recovery.

A study published in the journal *Psychosomatic Medicine* found that meditation boosts immunity and helps the body ward off infection and illness. Also, according to the University of New Hampshire Health Services, people who meditate regularly sleep better because of higher levels of melatonin in the body. The more quality sleep you get, the faster your body recovers from your beast-mode sessions.

While meditation is mostly a mental practice, it can help ease what you feel physically. "In sports psychology, meditation is considered as a mind-to-body strategy mainly for relaxation and attention training," explains Jonathan Cagas, M.S.S., assistant professor at the College of Human Kinetics of the University of the Philippines Diliman. With movement meditation, you take this mind-to-body connection up a notch. "Its techniques are active recovery strategies that are also helpful in teaching body awareness and focus. Coupled with breathing exercises, it helps increase blood flow, which, in turn, relaxes the muscles and relieves stress," says Cagas.

Yoga and tai chi are some examples of this active form of meditation. The "Inner Dance" class I'm taking this particular afternoon hails from the same family. It aims to move you the way your thoughts dance in your head. Sounds heady, sure, but it's best to suspend judgment until after you try one session. In my case, I have the aforementioned goal of staying objective throughout the process. I even worked out earlier in the day to make sure I'm sore enough to experience the difference.

The class begins with you down on a mat, eyes closed, as Olegario constantly reminds you where you are and should be—focusing on your thoughts and staying in the moment. It's naturally a tough task. "We all want to think and do things at the same time, which isn't good," Olegario points out. But she says more practice with movement meditation checks that behavior. It teaches you to simply be mindful of your breathing first, which will greatly help you concentrate on your thoughts in succeeding sessions.

Olegario goes around and tells us to change positions from time to time. She also presses on certain pressure points in the head, hands, and midsection to help ease tension all over. Once the music changes to a faster beat, she says, "Follow the beat and move." At that point, I notice how tight my shoulders are as I shake my hands and sway my head side to side. "When you're relaxed, that's when you feel where your tight spots are, and you can breathe to help ease the tightness," Olegario notes.

There are times during the session when my mind wanders to other matters—where to eat afterwards, for example. Olegario knows this (the short attention span, not the hungry thoughts), so she constantly reminds us to focus, listen to every beat of the track, and clear our minds from any external stress. As the hour comes to an end, we get to enjoy a few quiet moments to just lie down, rest, and open our eyes and rise whenever we're recharged and ready.

The moment I do that, I don't feel much tension in my body. How exactly does an hour of trying to relax do such wonders to aching muscles? Olegario offers a simple explanation: "Basically, what we did was to try and stop our minds and bodies from interpreting things and wanting to know why we feel and think a certain way." Once you deprogram yourself from too much interpreting, your muscles loosen up, too.

It's an applicable lesson even outside the meditation room. Overthinking can lead to stress, which, in effect, can make you feel sore or tight in certain areas of your body. How you treat these thoughts can help speed up your recovery from training or any kind of distress, for that matter. "Thoughts are attention seekers—when you give in to them, that's when they start to consume you," says Olegario. "Acknowledge them, then concentrate on what you want to do." ■

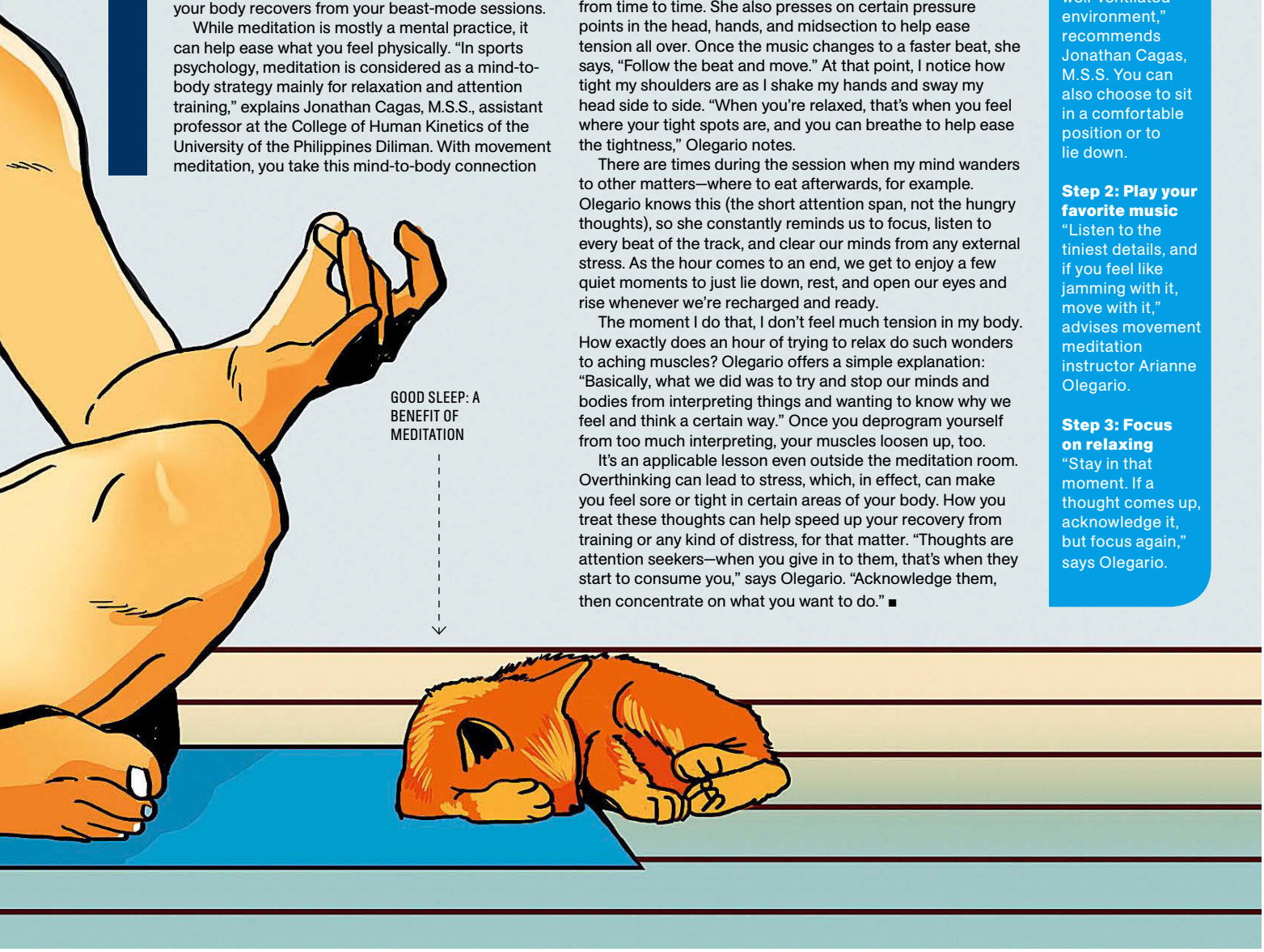
Move to Your Own Beat

Here's how you can meditate at home to ease mental and physical tension

Step 1: Stay in a quiet spot
"Make sure you're free from any distractions and that you're in a well-ventilated environment," recommends Jonathan Cagas, M.S.S. You can also choose to sit in a comfortable position or to lie down.

Step 2: Play your favorite music
"Listen to the tiniest details, and if you feel like jamming with it, move with it," advises movement meditation instructor Arianne Olegario.

Step 3: Focus on relaxing
"Stay in that moment. If a thought comes up, acknowledge it, but focus again," says Olegario.



SPIN IT TO WIN IT

Kick up your usual routine with this heart-pumping, fat-burning circuit

By Gabriel A. Pangalangan • Photographs by Jonathan Baldonado



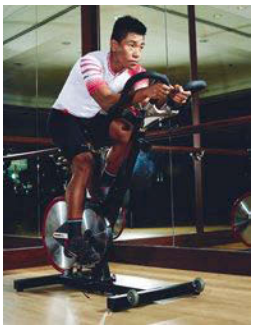
Whether you're a hardcore cyclist or a certified couch potato, this Spinning routine will have you huffing and puffing in no time. "*Sa* Spinning, *ma-i-*improve *ang* lung capacity *mo dahil sa* shift in intensities throughout the workout," says Mervin Santiago, a 2015 Tri United triathlon champion and Spinning instructor at the EDSA Shangri-La Hotel Health Center.

Stationary cycling is also ideal for heavy guys because it's low-impact and joint-friendly, continues Santiago. As an added benefit, it can also keep your good vibes going at full tilt. Researchers at the University of Northern Arizona found that cycling on a stationary bike for just 10 minutes reduces fatigue and negative moods while improving energy levels. Saddle up and get full-body fit with this cycling circuit. ■

INSTRUCTIONS:
Do each exercise one after the other for the prescribed time. Between each exercise, slow-pedal on the lowest gear for the prescribed time as your recovery. Do a total of five rounds.

AEROBARS

Pedal with your hands and forearms rested on the aerobars.
Duration: 2 minutes
Gear range: 10-12
Recovery: 1 minute



CLIMB

Grab the handles and extend your arms. Take your butt off the seat and pedal standing up. This gives your calves extra work, says Santiago.
Duration: 1 minute
Gear range: 12-13
Recovery: 1 minute



SINGLE LEG

Maintain hand placement to alleviate pressure from your back. Cycle using one leg at a time.
Duration: 1 minute per leg
Gear range: 12-13
Recovery: 1 minute



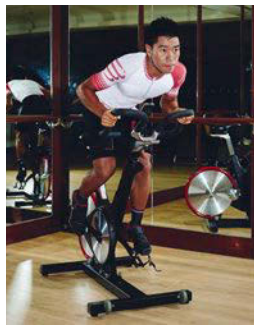
DUMBBELLS

Grab a pair of light dumbbells and sit up straight. With your elbows bent and the dumbbells close to your body, pedal while swinging your arms forward and back as if you are running.
Duration: 1 minute
Gear range: 12-13
Recovery: 1 minute



SPRINT

Stand on the pedals and rock your upper body from side to side as you pedal. When you push down with your right foot, your upper body will dip to the left side, and vice versa.
Duration: 30 seconds
Gear range: 15
Recovery: 2 minutes



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CURTAIN CALL

This is the end...of *Men's Health Philippines*' final issue on print. And we've thought of no better way to ride towards the sunset in style than a major look back at our covers from the first to the last. Well, it's not complete. And it's not in order. And there's an Easter egg of a cover there somewhere, just for fun. Because while we deal with serious issues, we don't—and nobody really should—take life too seriously all the time.



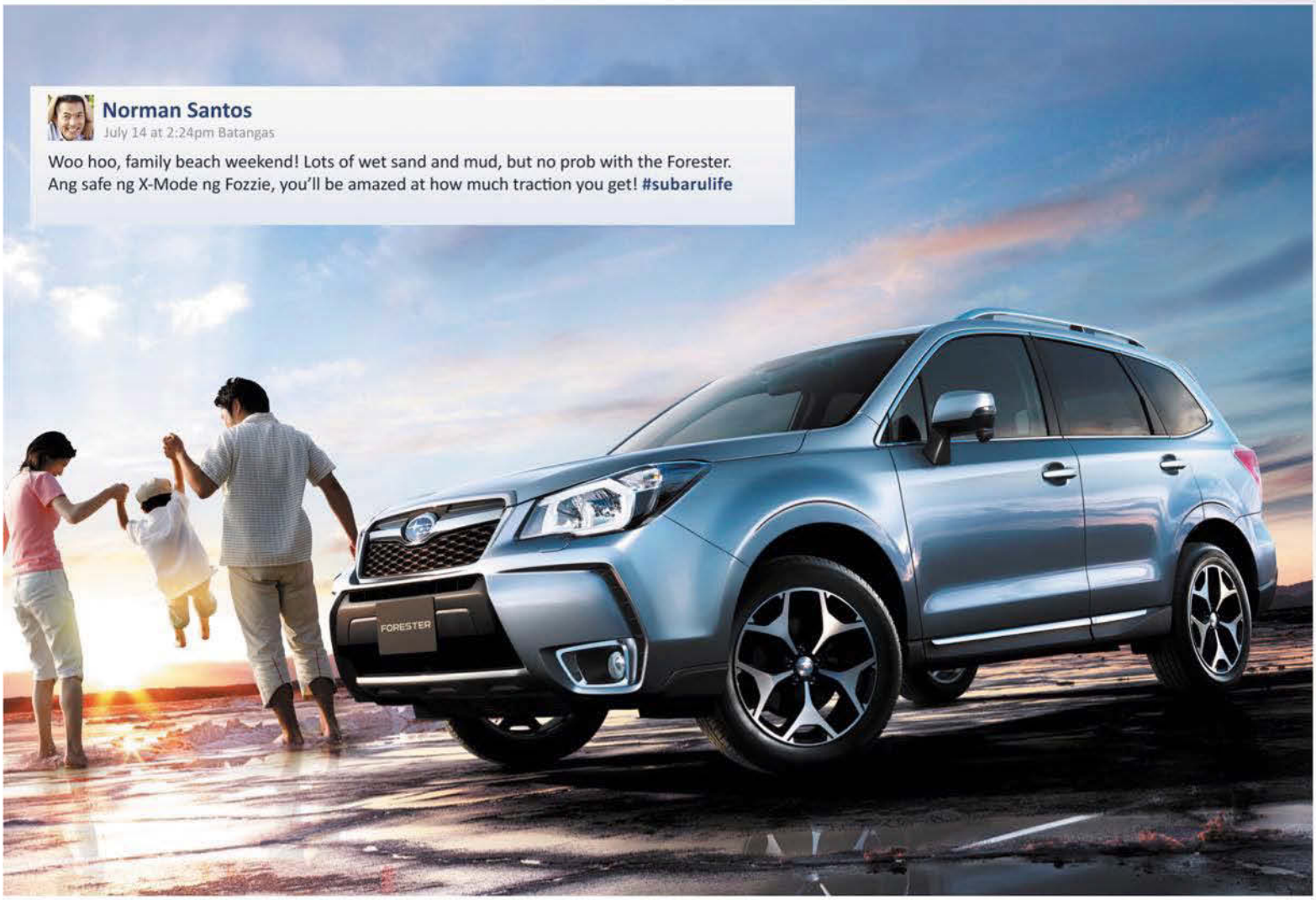
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MH Philippines will continue to deliver all the goodies you've come to love. Check us out at *MensHealth.ph* every day for your fix of the latest and best health, fitness, nutrition, weight loss, relationships, career, and style tips.


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